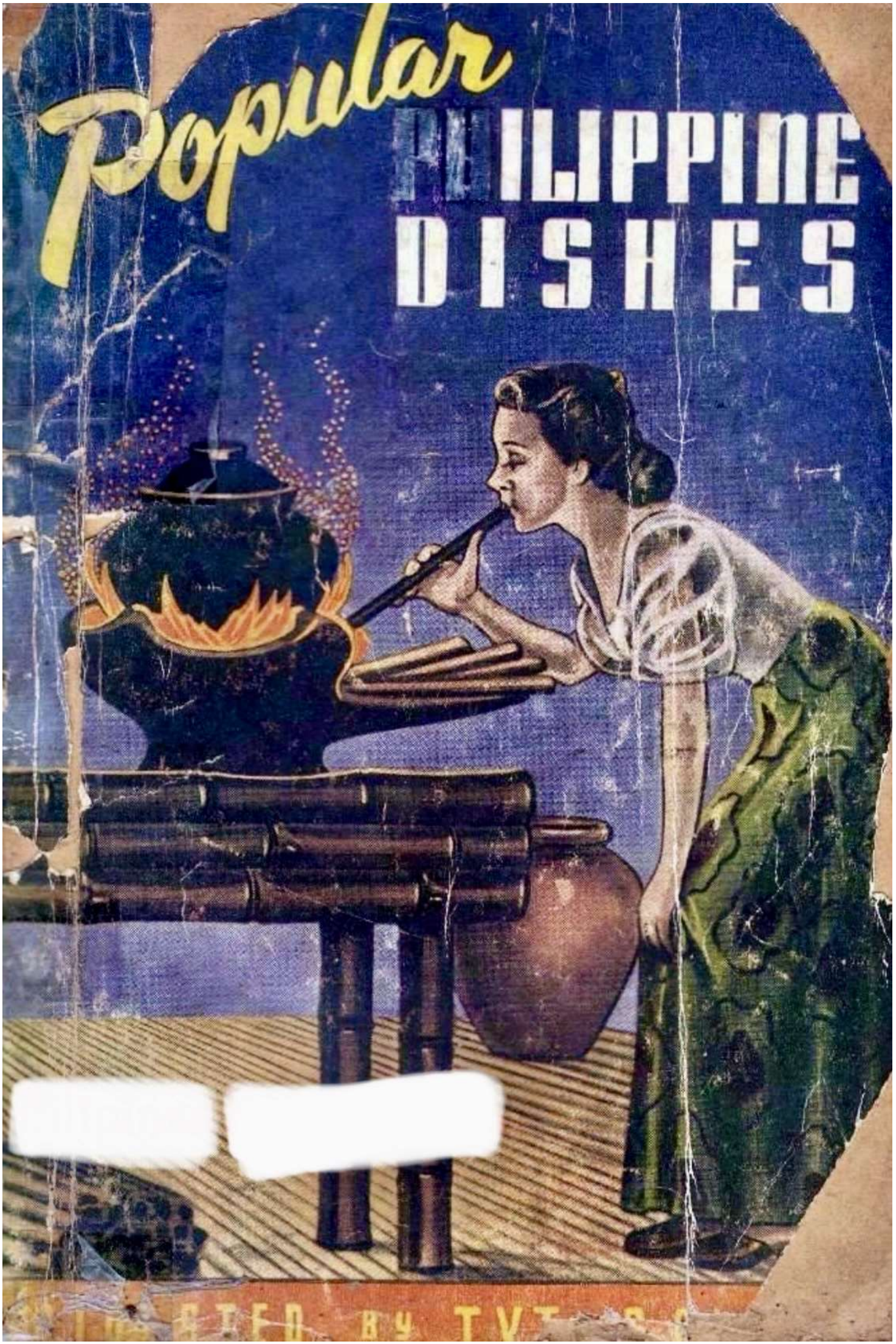
Popular PHILIPPINE DISHES



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POPULAR PHILIPPINE DISHES

Digested by

T. V. T. SOLDAN

Revised Edition
1951

Published by

MAYA PUBLISHING CO.
296 Doroteo Jose, Sta. Cruz, Manila

Printing History

First Printing ..... Feb., 1949
Second Printing ..... May, 1951

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Manila

FOREWORD

The author of this collection is not a cook by profession. This therefore entail some sort of explanation why a non-professional should try to write a book about the subject—much less a subject of this kind. However, the author wishes to explain that she does not need to work for a living as she was comfortably left of by her family. Being a gourmet by inheritance and instinct, her hour for relaxation channeled to distinct and unusual Filipino food, and its ultimate conclusion; its various ways of preparation. Hence, instead of enjoying the dish gastronomically, the author collected the more popular Filipino recipes.

Sources of this recipes are varied and in some cases, original. The author had painstakingly gathered data from personal experiences, or in some cases, from the originators, themselves. As an example, in one of the many gatherings she has attended, the author was delighted by one of the dishes that caught her taste. This invariably resulted in the exhaustive hunt for the cook, and not until she has written down step by step and from the first cutting of the ingredients to its finished stage fit for the discriminating guest will the author release the exhausted cook. Some of the recipes were donated by other Filipino cooks, recipes which received some alternations and modifications to suit the particular taste of the author.

The Chinese recipes were gathered first hand by the author from the more fastidious Chinese restaurants that abound the city. The author's natural habitat during Saturday nights are the numerous Chinese restaurants and her private list, after diligent eliminations, now contain only 5 establishments.

Now, the author can point the place where the best chicken mami is served, where the most appetizing birds nest soup is found, and where Pansit is most crisp.

Of all the total recipes enumerated in this book, many variations may be accomplished by the budding cook. The user of this book may consider this collection as master or basic recipe and she may modify the ingredients to suit their particular taste. Instead of cauliflower, one may substitute cabbage or gourd. It is all a matter of taste.

Therefore, it is the fervent hope of the author that this humble effort may, in any conceivable way, help in improving the average Filipino table.

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ARROZ

ARROZ A LA CUBANA

1. cupful rice
1 large tomato
1 small onion
2 or 3 cooking bananas (saba)
1/2 pound beef of pork
2 pinch pepper
1/2 cupful raisins
1/2 teaspoonful salt
2 eggs, fried, scrambled

Cook the rice until soft, then set aside. Slice the tomato and onion and put through a meat chopper. Stew these three ingredients with a tablespoonful of fat. When some of the fat comes to the surface, add the raisins and the bananas (sliced lengthwise), and saute. Turn the cooked meat into the center of a porcelain dish, surround with the rice dropped from individual molds alternated with slices of sauted banana. Place fried eggs in the center on top of the meat.

ARROZ A LA VALENCIANA

1 chupa rice
1 chicken
1 cup pork, chopped
1 cup ham chopped
1 sausage
1/2 cup fresh shrimps peeled
1 canned peas
1 can pimiento murones
3 potatoes cut into pieces
1 Bermuda onion, sliced thin
1 pinch pepper
1 can alcachofas
4 ears garlic, crushed
1 spoon lard

After dressing the chicken cut about one inch long and 1 inch wide. Cook the garlic, onion, and tomatoes in the lard and add salt. Add pork, chicken, ham, potatoes, sausage, paminton. Put 3 cups broth. Put shrimps and then the rice. Stir and when rice is about to be done transfer into a pastry receptacle. Cut the sausage into pieces add the pimientos (green pepper). Sprinkle peas and alcachofas. Put into the oven and when brown put sausage and pimientos on top to garnish.

ARROZ A LA VALENCIANA

1 young chicken
1 tablespoonful butter
4 hard boiled eggs
2 green peppers
Salt and pepper to season
4 tomatoes
1 cupful Spanish rice
1/2 pound Spanish sausage
2 chopped onions (small)

Cut the chicken into twelve pieces, put in into a sauce-pan with the sausage, pour over it on cupful of hot water

and cook for fifteen minutes. Meanwhile, melt the butter in another saucepan, add the chopped onions and cook, but not brown, for five minutes, then add the green peppers, shredded, cook a few minutes longer, add the tomatoes, first removing the seeds, and cook for ten minutes. Add this mixture to the chicken. Wash the rice and add it to the chicken mixture, cook all together for twenty minutos more in order to cook the rice. It should be rather dry in appearance. Cut each hard boiled egg into four pieces and arrange as a border on the platter on which the arroz a la Valenciana is to be served.

BRINJE (Pampango method)

1 chupa rice, washed
3 boiled crabs, separate meat from bones
2 small cups shredded shrimps
3 green peppers cut into quarters
Salt to taste
2 potatoes cut into four parts
Milk of 2 coconuts
1/2 small cup asafran extract
1 onion, cut very small
1 bay leaf
1 pinch powdered pepper

Put a frying pan on the stove. Put lard on the pan and when well heated put garlic and cook until red. Add onions and when this too is red put shredded shrimps and boil some more. Then add rice. Stir. Put bay leaf, powdered pepper, salt, and put coconut milk. Stir until brought to a boil after which put crab meat and potatoes. Stir. Put green pepper. Cover with banana leaf. Take care not to let it burn. When coconut milk is reduced down remove the fire and let it stand on the live coal alone. Turn over very often to cook all sides. Serve.

MORISQUETA roasted **TOSTADA**

4 sausages (Canton) sliced very thin
4 fried eggs, cut into small cubes
1 cup boiled shrimps, chipped very small
3 teaspoonfuls soy sauce
1 cup green onions, chopped small
2 ears garlic, crushed
1 spoonful Bermuda onion, chopped fine
1/2 cup boiled ham, chopped very fine
1 plateful rice

Put frying pan on stove, put lard and heat. When well heated put garlic and cook until brown. Put onion (Bermuda) and when this is toasted, put rice. Stir thoroughly and cook until toasted. Season with soy sauce, add shrimps, ham, onion, egg. Then remove to a plate and garnish with sliced sausage.

RICE BALLS

5 cups of boiled white rice
1 bouquet kuchay
Salt
2 cups of ground beef
6 bananas, Saba kind

Fry kuchay and ground beef well; allow to cool.

Slice bananas lengthwise and fry till golden brown. Set aside.

Mash beef mixture and rice thoroughly, and form into similar cakes of desired size. Season with salt.

Put the cakes on a plate and garnish with banana slices.

RICE WITH CHICKEN

Cook a large roasting chicken (about 4½ to 5 pounds) in water with seasonings—salt, pepper, celery, parsley and onion. Remove from the stock when so tender it will fall from the bones. Save stock. Take chicken off bones in nice pieces, be sure there are no skin and stringy tendons left in.

Brown 1 cup raw rice until just golden brown in 2 tablespoons butter, margarine or salad oil, stirring constantly. Add 2 cups chicken stock. Simmer over low heat. While the rice is simmering, add the rest of the ingredients one by one as you get them prepared: 2 cloves garlic mashed to a pulp with 2 teaspoons of salt (do this with the back of a spoon); 3½ cups canned tomatoes; 2-1/2 cups spaghetti sauce; 1 cup chopped onion; 1 green pepper, chopped; 1/2 pound boiled ham, diced; 1 can mushrooms, juice and all; 1/8 teaspoon oregano; 1/8 teaspoon pepper. Last, add the boned chicken.

By this time, the rice will be almost tender. Mix well and pour into a large casserole. Bake 1 hour in a hot oven. It should still be juicy and moist. If it should dry out in baking, add a little more chicken broth in the last 15 minutes.

EAST INDIAN FRIED RICE

2 cups well-seasoned chicken broth
1 teaspoon kitchen bouquet
1 cup rice (long grain or converted type)
3 tablespoons cooking oil
1 cup thinly sliced onion,
1/2 teaspoon curry powder
1 tablespoon peanut butter.

Heat chicken broth and kitchen bouquet to boiling in small saucepan. Add rice. Cover tightly and cook over low heat until rice is tender, about 25 minutes. Meanwhile place oil in frying pan over moderate heat. Add onion and cook, stirring frequently, about 10 minutes. Stir in curry powder and peanut butter, mixing well. Add cooked rice. Continue cooking about 5 minutes until flavors are blended, stirrin to mix well. Makes 4 servings.

SOUP

ASPARAGUS SOUP

One peso worth of ham bone
One peso worth of meat
Halinanto powder
1 chicken, minus the brisket
Salt
Asparagus

Boil above in 5 liters of water until water is reduced to one half. Pass through a colander. Remove the scum. Season with salt and add ham. Boil and put asparragus, egg, and powder of jahinamoto. When about to remove from fire, put the chicken brisket, sliced very thick and long. One boil is enough.

CHEESE SOUP

1/4 pound American cheese
1 quart Milk
2 eggs (yolk)
1 teaspoonful Onion juice
1 tablespoonful Flour
1 tablespoonful Butter
1/2 teaspoonful Salt
Dash-Cayenne pepper
1 cupful Croutons

Put the milk in a double boiler, add the cheese, grated, salt, cayenne pepper, and onion juice. Rub the butter and flour together, moisten with a little milk, then add to the milk and cheese. Cook until thick, stirring constantly. Beat the yolk of the eggs, add a few spoonful of the soup to them, remove the soup from the fire, add the egg mixture, mix thoroughly, add the croutons, and serve at once.

CHICKEN SOUP

1 piece pechay
1/2 cup beef
1/2 cup pork
1 potato
1/4 kilogram beans
1/2 head cabbage
1/2 chicken meat
1 or 2 sausages
1/4 kilo peas

Cut all these about 1/2 inch long. Cook in little lard with 3 ears of garlic, 2 spoonfuls of onion chopped fine. Then put all the meat, cover and season with patis. Stir until broth thickens somewhat and then add the following vegetables: beans, potatoes, peas, pechay, cabbage—all cut very small.

When all is cooked in lard, put sufficient broth. Do not over cook. Serve hot.

CHICKEN SOUP

1 quart chicken broth
2 tablespoonful Onion (chopped)
2 tab espoonful Carrot (chopped)
11 piece Parsley
1 stalk Celery
1 teaspoonful salt
2 tablespoonful Tapioca
2 Egg yolks
1/2 cupful Cream
2 cupful Milk

Simmer chicken broth, onion, carrot, parsley, celery and salt for one hour. Strain into double boiler, add two cupfuls of milk and when scalded, add two tablespoonful of tapioca, stirring occasionally until the tapioca is transparent. Beat the yolks of the eggs, add the cream and stir into the soup. Serve hot.

CHOW MIEN

(Noodle Soup)

1 pound Chinese noodles
3/4 cup sliced onions
1/2 cup pork, cut in thin, narrow slices 1-1/2 inches long
1 cup shrimps, sliced in long narrow pieces
1 egg
2 tablespoons lard
1 teaspoon cornstarch
Oil
1½ cups chicken broth
1 teaspoon salt

Beat the egg and pour in a hot oiled pan. Run all over the surface of the pan and cook 1 minute. Cut in very narrow pieces, 1-1/2 inches long.

Mix the lard and noodles and steam for 1/2 hour. Separate the noodles and fry in hot oil until brown. Place in platter.

Season and fry the onions, pork, and shrimps.

Make a medium-thick gravy from the chicken broth, toyo, cornstarch, salt, and pepper. Add the fried onions, shrimps and pork, and pour the mixture over the fried noodles. Garnish with the fried eggs cut in long, narrow threads.

CONSOMME SOUP

50 centavos worth marrow bone
50 centavos worth ham (bone only)
Some chicken bones
Little salt
1 teaspoonful powder of jahinamoto
2 spoonfuls Chinese soy sauce
2 white of eggs, do not discard shell

Boil all these in 3 liters of water until flavor is transferred to water. Stir, and pass through a colander and put on fire once more. Beat the white of eggs together with the shell and put in boiling water. When boiling remove the scum. When broth is clear remove and put in another receptacle and wash the boiler in which it was cooked. Put again in boiler and season with sauce, salt, and powder of

jahinamoto. Remove after it has boiled once. How to serve: Put in a pitcher and pour to individual cups. This should be in readiness before visitors arrive.

CREAM OF CORN SOUP

Ears of sweet corns
Milk
Butter
Salt
Pepper

Score the ears of corn lengthwise, and scrap out all the meat with a knife. Bring to the boiling point the requisite amount of milk. Season with butter, pepper, and salt. Pour this into the scrap corn, stir well and cook gently for ten minutes.

CREAM OF MUSHROOM SOUP

1/2 pound Mushroom
2 tablespoonful Butter
1 quart Chicken or veal stock
2 tablespoonful Flour
1 slice onion
Salt to taste
Pepper to taste
1 cupful Cream

Chop the mushroom and add them to the chicken or veal broth with the slice of onion. Cook for twenty minutes and run through a sieve. Reheat. Put butter in a sauce pan, add flour and when it bubbles add two-thirds cupful of mushroom and soup liquids. Stir until smooth. then add the rest of the mushrooms and soup liquid, also the cream and seasoning. A spoonful of whipped cream may be added to each helping just before serving.

CREAM OF TOMATO SOUP

1 can Tomato soup
1/4 (scant) teaspoonful soda
3/4 of can Cream
1/4 of can Water
A dash of white cayenne pepper

Bring the tomato soup to a boiling point, with the soda and a dash of pepper added. Put cream and water in a separate boiler and bring to a boiling point. Use tomato soup can for measuring cream and water. When ready to serve, mix soup and cream and serve immediately. This quantity will serve six people.

DEVILED SOUP

5 cups beef
Square pieces of fried bread
1 onion sliced
2 chorizos de Bilbao sliced thin
2 tablespons shortening
Salt and pepper to taste

Fry slightly in lard the sliced chorizos de Bilbao. Remove. To the remaining lard in the pan, saute the sliced onions and when brown add to the beef broth. Add the Chorizos and bring to the boiling point. Season with salt and pepper. Serve hot with fried croutons.

FISH SOUP

1 fish (remove the skins and bones)
1 tablespoon of flour
1 slice of bread
4 cups of water
1/2 cup of white wine
1 sliced carrot
1 onion
2 green onions
1 branch of parsley
2 well beaten eggs
1 sliced onion
1 teaspoon salt
1 pinch of pepper

Clean the fish well and remove the skin and bones.

Chop the meat of one fish with 1 onion, 2 green onion, 1 branch of parsley, 1 slice of bread, and 1 tablespoon of flour. Add 2 well beaten eggs and mix thoroughly.

Make into small, round balls, about the size of marbles. Wet the finger tips with lemon juice while molding the balls.

Roll in flour and fry in hot fat.

Boil the head, skin, and bones of the fish for 45 minutes, in a covered casserole, with 4 cups of water, 1 sliced onion, 1/2 cup of white wine, 1 teaspoon of salt, 1 sliced carrot, and a pinch of pepper. Strain the soup and cool. Add the well-beaten yolks of 3 eggs and bring to a boil. Drop the fried fish balls in the soup just before serving.

(Bangos, dalag, dalagang bukid, lavajita, and other similar fishes may be used.)

HALAAN SOUP

1/2 cup chopped halaan
1 tablespoon chopped ham
3 tablespoons grated carrot
4 tablespoons sinkamas
1/2 medium-sized onion, sliced
2 cups clam soup
1/2 cup milk
2 tablespoons butter
1 tablespoon salt
3 Pinches pepper
1 egg

Fry the onion in butter until partially cooked; add the clams, ham, the clam soup, and the milk with the beaten egg. Boil 10 minutes. Add the carrot and sinkamas and continue boiling until the vegetables are tender. Serve hot.

QUEEN SOUP

1 cup bread crumbs soaked in 1/2 cup milk
Yolks of 3 hard-boiled eggs
Breast meat from a boiled chicken
3½ cups chicken stock
3 tablespoons lard
Salt and pepper
1½ cups scalded milk
2½ tablespoons flour

Rub yolks and chicken meat through sieve. Add to bread crumbs soaked in milk. Add gradually scalded milk and stock. Mix thoroughly. Season to taste.

SOPA A LA JULIANA

1 carrot
3 stems pechay
1 piece squash
1 portion of cabbage
2 potatoes
Some chicken meat, chopped fine

Peel carrot, potatoes and squash and cut into small squares. Slice the pechay and cabbage very fine. Cook the chicken in little lard with garlic and onion and when toasted, season with salt. Add the vegetables and add meat broth or chicken broth.

SOPA DE FIDEOS

20 centavos worth cow bones
1/2 chicken
One small piece ham
1 package vermicelli
1/2 onion, cut
3 spoonfuls lard
1/2 cup patis (small)

Boil the cow bones, ham, and chicken in 2½ liters of water until water is greatly reduced. Cut the meat into small pieces and cook in lard with onion and ham. Cut the vermicelli into small pieces and add. Remove after a few moments and pour broth out of container. To serve, replace broth.

SOPA DE NIDO

1/2 cup mushroom, submerged in water, and sliced thin
1/2 cup chestnut, sliced long and thin
1½ liters chicken broth
1/2 cup ham, sliced thin and long
1/2 cup nido soaked in cold water

Put all these components together and cook in a double boiler. Season salt, add 1 spoonful soy sauce. Add the broth. Boil once, serve.

SOPA SECA

1/2 loaf American Bread
1/2 can tomato sauce
1/2 Bermuda onion
4 grams butter
One peso worth Holland cheese
2 chicken eggs
1 cup broth
Salt to taste

Slice the bread, pour the broth and when tender cook with butter, onion, and canned tomato sauce. Stir thoroughly and add grated cheese, season with salt and when broth reduced down, transfer to a bowl, make top even, break the egg on it and put into an oven. Serve.

SOPA DE SOTANGHON

2 stems green onion
1/2 spoonful lard
2 boiled eggs
1 small chicken
1/2 kilo pork sliced thin
15 skinned shrimps, small
Little powdered pepper
4 spoonfuls patis
2 bundles of fine sotanghon

After dressing the chicken boil in 2½ liters of water together with the pork. Boil until water is reduced down to one half. When tender, cut to one inch size. Cook in lard, garlic, onion, pork, chicken and shrimps, season with salt. Add soaked sotanghon. When well toasted, put dried mushroom and the shrimp extract. When boiling pass through a colander and pour in a frying pan. Season with patis if needed and put chopped onion.

SOPA DE PAN A LA DIABLA

2 cups beef broth
2 chorizos de Bilbao sliced tnin
Fried croutons
2 tablespoons margarine
1 sliced onion
Salt and pepper to taste

Fry slightly in lard the sliced chorizos de Bilbao. Remove. To the remaining lard in pan, saute the slice onions and when brown add to beef stock. Add the chorizos and bring to boiling point. Season with salt and pepper. Serve hot with fried croutons.

VEGETABLE SOUP

50 centavos worth of marrow bones
1 smal onion, chopped
1 small piece of ham
1 half chicken
3 ears garlic, crushed
2 canned vegetable soup
Sa t to taste

Boil the marrow bones, ham, and one half chicken until 1½ liters water is reduced to one half. Pass the broth through a colander. Cut the chicken to small pieces. Cook in lard with garlic and onion. Season with salt and add to broth. Put 2 canned vegetable soup and after it has boiled once remove at once from fire.

CLAM SOUP WITH MISUA

1 cup clam, chopped
3 eggs
4 grams misua (two round pieces
1 regular onion
2 segments garlic
4 tablespoons lard
1 small piece of ginger cut finely

Saute the garlic, onion, and ginger in hot lard. Add the chopped clam. Add four cups water. Season with salt and pepper. Cook till done then add the noodle (misua) and the beaten egg. Serve hot.

"FOWL RECIPES"

AGACHONA CON SALSA ENCARNADA

6 agachonas
1 can alcachopas
3 ripe tomatoes
2 spoons sugar cane vinegar
1 pinch powdered pepper
3 spoonfuls flour
1 teaspoonful paprika
1 pinch oregano
1 bay leaf
1 cup vino de jerez
1 Bermuda onion, chopped very fine
Salt and lard

Cook the agachona in lard. Put in a boiler and boil until tender. Add all ingredients minus the flour alcachofas, and jerez. Simmer and when broth is reduced down pour the jerez. Put 1 spoonful lard. Put cover and boil five minutes more. Cook in lard until red. Pour broth and stir and put agachona. Beat one egg, put it on the alcachofas and add to the crumbled biscotcho. Fry. Put around the agachona. Pass the broth through a colander and pour on the mixture.

ADOBO

(Braised Chicken)

1 chicken
1/2 cup vinegar
2 teaspoons salt
1/2 teaspoon pepper
3 cups water
1/2 cup flour
1/4 to 1/2 cup lard

Cut chicken in pieces, put in a kettle with vinegar, salt, pepper, and water. Cook 45 minutes or until chicken is cooked. Drain. Roll pieces of cooked chicken in flour. Fry in fat. Put back drained soup, simmer until liquid is sauce-like in consistency.

CAPON CON ASPARRAGUS

1 capon or hen
6 pieces, ham
1 Bermuda onion, cut fine
1 teaspoon salt
3 spoons butter
3 spoons flour
6 spoons lard
3 cups broth
1 stem celery, cut fine
1 can asparragus

After dressing the capon boil it whole in a boiler. Put broth; season with salt, onion, lard, butter, and ham. Simmer until tender. When about tender put flour and cook in the oven. Add the asparragus and remove from oven. Before serving put on a plate and garnish with asparragus and sauce.

CHICKEN "A LA HARDINERA"

1 chicken, cut in pieces
2 tablespoons flour
4 tablespoons lard
1 diced potato
2 diced radishes
2 diced carrots
Salt and pepper
1 sliced onion
1/2 cup white wine
1 clove chopped garlic
1 laurel leaf
1/2 cup boiling water
1 cup sliced Baguio green beans

Season the chicken with salt and pepper, brown in lard, then place in a platter. Place the vegetables to mix with the chicken meat. In another tablespoonful of lard fry the garlic, then add the flour, then the white wine, and cook over slow fire 5 minutes before adding the water. Bind the chicken and vegetables with this sauce, cover, and add laurel. Leave it on the fire till the sauce has reduced to one-third.

CHICKEN A LA KING

1 cupful—Mushroom (canned or fresh)
1 green pepper (chopped fine)
2 level tablespoonful—flour
1/2 teaspoonful—Salt
3 cupful—cooked chicken
1/4 cupful—Butter
1 teaspoonful—onion juice
1 tablespoonful—lemon juice
1/2 teaspoonful—Paprika

Melt the two tablespoonfuls of butter and in it put the mushroom. If canned ones are used,drain them. Add the chopped pepper. After three or four minutes add the flour and salt and stir until the sauce boils. (Set it over hot water). Add the diced, cooked chicken, cover and let stand to become hot. Cream the butter (one-quarter cupful), best in the yolk of the eggs, add the onion and lemon juice, then the paprika, and stir to the first mixture. Continue the stirring until the eggs are set. Sherry wine may be added to the mixture. Serve on hot toast.

CHICKEN MARENGO

1 chicken cut up
1/4 cup flour
12 small white onions peeled
1/4 butter or fortified margarine
4 fresh tomatoes, quartered, or
1 cup drained, canned tomatoes.
1½ teaspoons salt
1/8 teaspoon pepper
1/4 cup salad oil
1/4 lb. sliced mushrooms
2 cloves garlic, minced
1/2 cup water
1/4 cup sherry

Separate pieces of chicken, wipe dry with paper toweling. Combine 1/2 teaspoon salt, pepper and flour; dredge pieces of chicken with this and saute in hot salad oil in skillet until brown on all sides. Reduce heat to very low; cover, and cook 40 min. or until chicken is tender. Meanwhile, cook onions, covered, in boiling salted water 12 minutes, or until nearly tender; drain. Combine

onions, mushrooms, garlic, and butter in a skillet; cover, cook 15 minutes, stirring occasionally. Measure flour left from derging chicken, and add enough flour to make 2 tablespoons. Stir this into the onion-mushroom mixture. Stir in water, sherry, tomatoes, and remaining 1 teaspoon salt; heat, stirring constantly, until sauce is smooth and thickened. Cover, and cook 10 minutes. Add more seasoning, if desired. Remove chicken to platter, pour sauce over all. Serves four.

CHICKEN AND MISUA

1 ordinary size chicken
1 spoonful lard
1 spoonful crushed garlic
1 piece onion, cut very fine
2 bundles, misua
Patis and pepper to taste

After dressing the chicken cut into desired size. Put frying pan on fire and heat. When lard is hot cook garlic until well brown, then add onion. After wilting onions, add chicken. Season with patis and cover. Then pour rice water and when well tender add misua and sprinkle with powdered pepper. Take off the fire and serve.

CHICKEN PESA (Tagalog dish)

1 capon, or hen (take the fat one)
1/4 kilo cowpeas, soaked in water overnight
1 cabbage, cut into quarters
1 piece ginger, crushed a little
1 teaspoonful whole pepper
Salt to taste
2 stems green onion
4 potatoes, peeled

After dressing the chicken boil it in four liters of water without cutting to pieces. Season with salt, ginger, pepper. Boil. Put cover and add cowpeas wrapped in a piece of cloth. After twenty minutes add the potatoes and when chicken is tender add the vegetable ingredients.

CHICKEN AND SPAGHETTI

1 ordinary size chicken
1 spoonful lard
1 spoonful crush garlic
1 piece onion, cut very fine
10 centavo worth bogni, soaked in water
3 bundles spaghetti, submerged in water
10 centavo worth young onion, cut very small
Little pepper powder
Patis to taste

After dressing the chicken cut into desired size and put in a frying pan. Put the lard and when very hot put garlic and cook until red. Then put the chicken meat, the spaghetti, and season with patis. Cook still more after which pour rice water and cook for a few minutes. When chicken is tender, sprinkle with pepper powder and drop onion leaves.

CHICKEN RELLENO (Chinese dish)

1 pound pork passed through a grinder
10 fresh shrimps, shredded. Crushed heads.
1 crab, boiled and meat separated from shell
6 water chestnuts, peeled and cut into small squares
3 chicken eggs
1/2 stem celery cut into small pieces
2 spoons flour
3 spoons soy sauce
1 teaspoon salt
1 spoon onion, cut very fine
1 pinch powdered pepper
1 young chicken, separated bones

When all ingredients are ready mix them togother and stir with spoon. Break the eggs into the chicken relleno. Sew the incision and put on a receptacle. Season with soy sauce and add the following vegetables:

1 cup canned bamboo shoots, cut one inch long
1/2 cup mushrooms, cut away the stem
4 peeled radishes, cut 1/2 inch long
12 water chestnuts, peeled
1/2 cabbage cut 1 inch square
4 stems celery cut 1 inch square
2 patolas, peeled and cut 1/2 inch long

COCRETAS DE POLLO

1 hen
1 spoonful carabao's milk
8 spoonfuls butter
2 chicken eggs
Biscotcho crumb
3 spoons flour
1 lime fruit
2 spoons lard
1 teaspoons Perrin's sauce
Powdered pepper

Put chicken in salted water sufficient to cook it until tender. When tender, remove and pass through a food grinder. Put butter in a frying pan with lard, then the onions (chopped fine) flour, and the chicken meat. Pour the milk. When milk is reduced down remove and put on a plate. Add lime juice, pepper, soy sauce, Perrin's sauce, and stir thoroughly. Add egg and stir. Make into balls, as large as an egg. Roll on crumbled biscotcho and cook in lard.

FILIPINO ROAST DUCK

1 duck
1 pound lean pork
1/2 clovve garlic
1½ teaspoonfuls salt
1 egg
6 sliced thin bacon
2 cupfuls canned tomatoes
1 pound round steak
1 onion
1 green pepper
1/4 teaspoonful pepper
1 large cupful soft breadcrumbs

Kill, clean, and prepare the duck the day before using. When ready to cook, bone it. Grind the steak and pork, chop the onion, garlic, and green pepper fine and combine with the pork and steak. Add the egg well beaten and

mix all together with the breadcrumbs. Season. Stuff the season. Lay the sliced bacon over the top and pour the tomatoes over and around the duck. Bake for an hour and a half or until the duck is done, basting frequently. When done, remove to a hot platter, cut up the bacon in small bits and serve with gravy made from the brown juice. (This recipe with special recommendation)..

FILIPINO STYLE ROAST DUCK

1 duck
1 lb. round steak, ground
1 lb. lean pork, ground
1 onion
1/2 clove garlic
1 green pepper
1 cup bread crumbs
1 egg
1½ teaspoons salt
1/4 teaspoon pepper
Flour
6 slices bacon
2 cups tomato sauce

Prepare duck for stuffing. Make a dressing of ground meat, onion, garlic, pepper, bread crumbs, egg and seasoning. Bake until duck is done. Lay bacon on top and pour tomato around it. Place duck on a platter, cut bacon into bits. Serve with gravy made from brown juice.

LUTONG TALUNAN

2 salted cucumbers
4/5 cupful vinegar (native white)
1/2 teaspoonful black pepper
1 fowl
4 tablespoonfuls toyo
1 clove garlic
2 cups of water

Cut the cucumbers into pieces one inch thick and soak in water for about one-half hour to remove excessive salt. Dress and clean the fowl, cut into about twenty pieces. Add the vinegar, toyo, garlic, and pepper to the fowl. Cook until dry. Then add the water and boil until the meat is tender and the water is almost evaporated. Add the salted cucumbers and boil for about five minutes. Serve hot.

MANOK KARIKARI (Tagalog dish)

1 young chicken
1 coconut
3 pieces azafran
1 pinch garlic, crushed
Salt to taste
1 pinch pepper
3 potatoes
1 bay leaf
1 onion, chopped very fine
1/2 cup vinegar
1 spoon lard
1 cup water

Cut the chicken into pieces and put in a boiler. Add vinegar, salt, pepper and bayleaf. Put on fire and when tender remove, leaving the vinegar alone. Put a frying pan on the stove, cook garlic until red. Put onions and chicken. Crush the azafran and put extract to color. When toasted pour the coconut milk and add the chopped potatoes.

PAVO ASADO

After dressing turkey, hang it without taking away the bones. As soon as it is dry, put in a receptacle and season with the following:

4 juice of lemon
2 cups vino de jerez
Crushed garlic
1 cup vinegar and salt
1 pinch powdered pepper

Mix all together and pour into the turkey. Let turkey soak in this all night after which put in ice box. Fill turkey with the following:

2 stems celery, chopped fine
2 Bermuda onion, chopped fine
6 pepinillos (sweet pickles) chopped fine
1 pinch powdered pepper
1 spoonful maggies
1/2 loaf bread, little paprika
1/3 kilo hot dog

Put frying pan on stove. Put turkey fat and add butter. When well heated add chopped Bermuda onion. Do not overcook. Remove. Cook in the frying pan: add celery, sweet pickles. Separate the hot dog into fine pieces. Do the same with bread. Put maggies, powdered paminton in frying pan and stir thoroughly. Add Japanese soy sauce, butter. Put all inside the turkey. Put the filled turkey in a bowl and sew the incision. Season with two spoonful Japanese soy sauce. Chop Bermuda onions very fine Put this in the turkey. Also two cups broth, one bay leaf. Put in the oven. Pour the turkey broth to the turkey to cook it with. When one side is red turn over to cook the other side.

PAVO ASADO ESPECIAL

1 turkey
6 juice of lime fruits
2 heads garlic, crushed
1 pinch pepper
Salt, vinegar, to taste
2 cups vino de jerez

Dress the turkey. Do not take bones away. Hang to drain blood. Soak in salted vinegar, with vino de jerez, pepper and lime juice. Turn over very often to let ingredients penetrate it thoroughly. Let it stand in ice all night. When about to cook remove from ice put on the table. Open and put butter inside, also garlic, onion, tomatoes, already cooked in lard. Fry and serve.

PECHON A LA JARDINERA

6 pigeons
2 lime fruits
1 pinch pepper
1 spoonful vino de jerez
1 teaspoonful Perrin's sauce
1 pinch salt

After dressing the pigeon sprinkle with lime juice.

Put salt, pepper, Perrin's sauce and vino de jerez. After letting it stand for half an hour, cook in boiling lard with toasted flour.

6 pieces ham, cut 1 inch long
1 canned peas
3 spoonfuls soy sauce
1/2 cup vino de jerez
1/2 teaspoonful paprika
1 pinch bay leaf
1 pinch shaig
1 loaf bread
1/2 Bermuda onion, cut into small squares

Put all the sauce, paprika, bay leaf, onion, and ham until tender. Put vino de jerez and peas. After 4 minutes remove. Cut the bread about 1 inch thick. Toast. Put into a plate and put pigeon on top. Pour the sauce to the fried pigeon. Pour broth and boil over a low fire with peas and garnish with escarola.

PESA (Chicken)

1 medium-sized chicken
2 quarts water
1 piece gingerroot
Few pepper corns
2 teaspoons salt
Green onion stems

Dress chicken. Cut in halves. Put water, gingerroot, pepper corns, and salt in a saucepan with chicken. Cook slowly until tender. Wash onions and add to chicken. Cook 5 minutes more. Serve hot.

POLLO ASADO

1 young chicken
3 big lime fruits
3 spoons soy souce
1 teapoonful perrin's sauce
1 bay leaf
2 pinches pepper
1 spoonful flour
3 potatoes
1 spoonful lard

After dressing the chicken cut into regular size and cook with lard. When brown, drop lime juice and sprinkle with soy sauce, Perrin's sauce, bay leaf, one pinch chopped green onion. Put one cup water, put cover and simmer. See that taste is just right, and if not add more salt. When broth is reduced down toast one spoonful flour in 2 spoons butter. When brown put chicken and fry together. Cook until surface of chicken is well browned. Remove from lard. Pour broth and stir. When about to serve put the chicken and broth together again and add potatoes cut into small squares.

POLLO ASADO CON TOCINO

1 chicken
1 piece cabbage, scalded
Soy sauce
Sufficient water to cook chicken until tender and and cut into desired size
1/4 kilo bacon, fried
3 tomatoes, ripe, and sliced very fine
3 Stems lettuce
2 Bermuda onions, cut very thin

After dressing the chicken boil it whole in a boiler with soy sauce. When tender put in an oven. When red cut very thin. Line up the meat on a platter and fry the bacon. Slice the cabbage and garnish chicken with it together with the lettuce leaves, and tomatoes. Season with oil, and vinegar and salt.

POLLO CON GUISANTES

1 young chicken
1 Bermuda onion, cut into small pieces
1 canned peas
1 bay leaf
2 spoons flour
2 spoons butter
3 spoons vinegar
1 spoon lard
1 pinch powdered pepper

After dressing the chicken fry it in a hot lard. Cook and when brown add one-half liter water. Put the anion, bay leaf, pepper, vinegar, one spoon salt, and simmer. When broth is about to dry off put another frying pan on the stove, put butter and when this is well heated put flour and cook until red. Pour one spoon broth. Stir. Put chicken and the peas on this. When broth is reduced to thick paste remove it from the fire.

POLLO CON SALSA

1 young chicken, whole
2 Bermuda onions, cut very small
3 potatoes cut into halves
4 ripe tomatoes, cut into halves
1 pinch pepper
1 bay leaf
1 pinch paminton
1 spoon vinegar
2 spoons lard
2 spoons flour
1 pinch cregano
1 cup vino de jerez
Salt to taste

After dressing the chicken put it in a boiler together with all the other ingredients minus the vino de jerez. Put one-half liter water.Add salt and put cover. Simmer and when broth is reduced down pour the jerez and lard. When broth is reduced to a very thick paste remove it from the fire.

STEWED CHICKEN WITH EGGS

1 chicken (cut into small pieces)
2 white eggs
Some ham
3 spoonfuls camote starch
12 radishes, peeled
Some lettuce leaves
3 whipped eggs, fried cut 1 inch long

Cut the whole chicken brisket into small pieces. Add two white of eggs and three spoonfuls camote starch. Peel some twelve radishes and boil for a while. Soak in cold water and slice very fine. Cook in a double boiler for fifteen minutes. Cool. Before serving put three whipped eggs and fried. Cut one inch long and serve in a cup. Garnish with wansuy. Serve very hot.

RELLENO CON CALDO

1 young hen
1 crab, boiled and separated into pieces
2 chicken eggs
Some soy sauce to taste
Little pepper powder
Milk broth
Celery chopped fine

Separate the bones from the chicken and then grind the meat and put on a plate. Season with soy sauce, and mash with eggs and flour, adding at the same time some powdered pepper. Take the cabbage petals and beat the ribs, scald and use for wrappers. Wrap in this the mixture making the size of that of a cigarette. Sprinkle with flour and pour sauce over to keep from sticking together. Then line up in a double boiler, cover and cook for 20 minutes. Take some chicken broth (about 12 cups) pass through a colander, boil and add 1/2 teaspoonful of jahinamoto. Season with Japanese soy sauce and when ready to serve pour the broth on top.

RELLENO DE GALLINA (Boneless Chicken)

1 large fowl
Salt and pepper
1/2 teaspoon lemon juice
1 lb. fresh pork
1 large onion
1/2 lb. stuffed sausage
1/2 cup raisins
3 whole eggs and 3 additional yolks

Slit fowl and remove bones, while raw. Season with salt, pepper, and lemon juice. Grind pork, onion and cut up sausage. Add raisins and 3 egg yolks. Boil the other 3 eggs and cut each in quarters. Stuff the chicken, putting the eggs in 2 rows, in the center. Sew up. Brown all over in butter. The water should cover the chicken. Add onion to the water. Boil 3 hours until water is absorbed. If young, tie up in a cloth. Very popular with Filipinos.

SALAMI OF DUCKLING WITH RICE

2 cups duck broth
3 tablespoons corn starch
1 teaspoon salt
1/8 teaspoon rosemary
1 tablespoon lemon juice
1/4 cup cooking sherry
1/2 cup chopped ripe olives
1 three-ounce can sliced boiled mushrooms
3 tablespoons butter or margarine
3 tablespoons finely diced onion
1½ cup sliced cold roast duck including giblets if desired
1 five-ounce package pre-cooked rice

Mix a little of the duck broth with the corn starch until smooth, and stir in remaining broth, salt, pepper, and rosemary. Stir constantly over low heat until sauce thickens continue to stir and boil for one minute. Mix in lemon juice, sherry olives, and contents of can of mushrooms. Set aside. Melt butter or margarine in skillet. Add onion and let cook over moderate heat until lightly browned, about 3 minutes. Add duck and let heat about 5 minutes, stirring lightly. Add sauce and heat thoroughly. Prepare rice according to directions on package. Serve duck over the rice. Makes 4 servings.

To make duck broth, cook carcass of duck and giblets in 3 cups boiling salted water until giblets are tender, about 45 minutes. Strain broth and chill; remove any fat that has risen to top.

CURRIED CHICKEN BISQUE

2 lbs. vitaminized margarine
2 lbs. flour
2 teaspoons curry powder
3 cups chicken broth or
3 chicken bovillon cubes dissolved
1/2 cup light cream or rich milk
1/2 cup Best Foods Real Mayonnaise
1/4 cup cooked chicken, finely cut or minced chives

Melt margarine over low heat. Add flour and curry powder, stir until smooth and well blended. Add chicken broth gradually, stirring constantly to keep smooth. Bring mixture to boil; let simmer, stirring occassionally until it thickens slightly. Add cream or milk and mayonnaise; heat with rotary egg beater until smoothly blended. Add chicken pieces; pour soup into turcen of individual soup bowls. Sprinkle with minced chives before serving. If desired add salt and pepper to taste. Serve hot or cold with margarine toast strips. Six serving.

SARSIADONG ITLOG

6 hard-boiled eggs, shelled
1 can tomato sauce
2 medium sized onions

Cut eggs in two (crosswise or lengthwise) and set aside. Cut onions into rings and fry in deep hot lard. Set aside. Allow tomato sauce to boil in a little lard, drop in eggs and onion rings, let simmer a few minutes and serve with fried rice.

TINOLA
(Chicken Stew)

3 lbs. stewing chicken
1 tablespoon fat
2 cloves garlic, mashed
2 tablespoons fresh or dried ginger, finely chopped
4 to 6 cups boiling water
8 cups green papaya or white squash, cut in 1 inch cubes
1/2 teaspoon Vi-Chin, if desired
Salt to taste

Clean chicken and cut meat in 1-inch cubes. Heat fat and brown garlic. Remove garlic and add ginger and chicken. Brown chicken; then add boiling water. Cover kettle tightly and simmer until chicken is almost tender. Add papaya or squash and Vi Chin. Cook until chicken and papaya or squash are tender, and season with salt Serve hot as soup or with less water as stew.

TINOLA CHICKEN

1 chicken (medium size)
3 cloves garlic
Piece of ginger root
2 centimeters long
2 tablespoonfuls lard
6 cupfuls hot water
1 green papaya
Salt and pepper to taste

Dress and disjoint the chicken. Heat the lard in a palioc or frying pan. Wash the garlic and remove outer skin. Put it into the palioc and fry until brown. Then add the chicken and cook until light brown. Cover the chicken with the hot water, add the onion, ginger root, and salt. Cover and let cook until the chicken is tender. Peel the green papaya, seed it and cut the fruit into cubes. Wash it and add tothe chicken. Let cook for fifteen minutes or until the papaya is soft.

"Happy the man with nerve sublime"
To drop in just at dinner time"

SEA FOOD

Recipes that Appeal

ADOBONG ISDA (Savory Fish)

1 ½ pounds fish
2 teaspoons salt
1 tablespoon fat
1/2 cup finely chopped onion
2 bay leaves
2 green peppers, cut in 1/2 inch stripps
1-1/2 tablespoons finely chopped garlic
1/3 cup boiling water
5 tablespoons vinegar

Clean fish and cut crosswise as desired for servings. Salt the fish.

Fry fish in hot fat until brown. Remove fish from the frying pan and fry garlic, onions, bay leaves, and pepper. Add vinegar.

Cook slowly until pepper is tender. Add fish in boiling water. Simmer for 3 minutes.

Serve hot.

ALIMASAG RELLENO (Tagalog dish)

12 crabs, meat separated from bones
4 spoonfuls lard
5 ears garlic, crushed
1 sliced Bermuda Onion
1 bread crumbs
3 whipped eggs
Little salt
1 pinch powdered pepper, if desired
4 small ripe tomatoes sliced

When all is ready put frying pan on stove with little lard. When lard is hot put garlic and cook until red. Then add the onion, tomatoes and mix thoroughly with a big spoon. When tomatoes are done add crab met and stir. Season with little salt to taste. When done transfer into a plate; clean the crab shell and put mixture in this. Sprinkle with powdered bread crubs. Soak in whipped eggs and cook with lard.

BACALAW CON SALSA DE TOMATE

1 kilo bacalaw (codfish)
1 teaspoonful garlic crushed
20 ripe tomatoes
1 can sweet pickles
4 potatoes
1 bundle Tagalog onion
1 cup cowpeas, boiled and peeled
1/2 bottle of oil

Put the codfish in cold water overnight. Separate the meat from the bones. Squeeze out water left. Peel the Tagalog onion and cut into quarters. Boil the whole tomatoes and when done put in a cheese cloth and squeeze to separate seeds. Put the oil and when this is well heated put garlic and when this is red, add onions.

BATOW FISH
(Fish and String Beans)

1½ cup fish
2 tablespoons shrimps
1 large tomato
Salt
Water
1 pound batow or string beans

Broil fish until half tender. When done, separate bone and flake meat. Cut tomato in pieces. Add fish, seasoning, and water. Cook a few minutes.

Add batow and cook until tender. Note: Pork may be substituted for fish.

BIA ON COCONUT MILK

Clean the bia, boil it slowly for about 15 minutes in 1 cup of coconut milk, 1/2 teaspoon of salt, and the juice of 5 calamansi.

Lay the fish on a platter and pour over it a gravy made from the stock in which it was cooked and one tablespoon of flour, which is boiled until thick.

(Bia is the most suitable fish for this recipe. However, other fishes may also be used.)

ESCABECHE

1 pound Fish
6 tablespoonfuls lard
1 onion (sliced thin like thread)
5 tablespoonfuls Sugar
1 tablespoonful salt
2 cubic inches Ginger root
1 clove garlic (sliced thin crosswise)
1/4 cupful Vinegar
1/2 cupful Water

Clean the fish. Put one-quarter of the salt on it, then saute until nicely browned. Cut the ginger root into fine, thread-like slices. Fry in the fat remaining after cooking the fish. Add the onion, garlic, sugar, vinegar, and water. Boil for about five minutes. Remove from the fire and pour over the fish. Serve hot.

ESCABECHE (Fried Fish with Sauce)

1 pound fish
1 tablespoon salt
2 cubic inches gingerroot
6 tablespoons lard
1 onion.
1 head Garlic
Vinegar
Water

Clean fish and put 1/4 teaspoon salt on it. Brown. Cut gingerroot very fine. Fry in fat in which fish was cooked. Slice onion threadlike and slice garlic crosswise. Add remaining salt, onion, garlic, sugar, vinegar, and water. Boil 5 minutes. Pour over fish. Serve hot.

ESCABECHE (Macao)

1 medium-sized fish (lapu-lapu, pampano, apahap, or talakitok)
1 large onion
2 sections garlic, cut into small pieces
1 large red sweet pepper, cut into long, narrow pieces
2 tablespoons flour
2 cups water or white stock
4 tablespoons vinegar
3 tablespoons toyo sauce
2 fair-sized Irish potatoes, cut in very narrow strips 1-1/2 inches long

Clean the fish, sprinkle with 1 teaspoon salt. Let stand 10 minutes. Drain and dry with a towel. Fry in lard until brown and lay aside.

Fry the garlic, onion, and sweet pepper in lard. Make a medium-thick gravy from a mixture of water, vinegar, sugar, toyo, and flour; add the fried garlic, onion, sweet pepper and fish; boil 5 minutes.

FISH
(Suam)

1 big apahap, (asuhos, dalag, lapulapu, or torsillo)
1/2 spoon lard
1 spoon garlic, crushed
8 Tagalog onions, sliced thin
1-1/2 liters rice water
1 stem sili leaves

Put lard on the frying pan and put on the stove, and when this is hot put garlic and cook until red. Add ginger and onion. Toast, then put the fish and the patis. Add the rice water and put sili leaves when about to be remove from fire.

Serve hot.

FISH WITH BANANA (SABA)

Clean the moderately large fish, sprinkle with salt, and lay aside for 10 minutes.

Wrap in banana leaves and boil for 30 minutes in the following mixture:

4 cups water
3 sliced tomatoes
1 sliced onion
1 teaspoon salt
A few pinches black pepper

Drain, unwrap, place on a platter, and cover with mayonnaise dressing.

Garnish with boiled ripe saba bananas, cut lengthwise in 1/4 inch slices.

FISH WITH CHEESE

Clean the fish well and sprinkle with 1 tablespoon of salt. Let it stand 15 minutes. Drain the fish well spread over it 2 tablespoons of butter and 5 tablespoons of grated cheese. Lay it in a baking pan containing 2 tomatoes and 1 onion, each quartered, and 3 cups of chicken broth.

Place the pan in a moderate oven, and bake about 35 minutes, basting the fish every few minutes to prevent burning.

Make a cheese gravy by browning 2 tablespoons of four in 3 tablespoons of butter, add the remaining broth, and heat until thick. To this add 2 tablespoons of grated cheese. Pour the mixture over the fish.

Garnish with asparagus. (Use any fish you may fancy will do.)

FISH CHOWDER

1 cup flaked fish
1 cup sweet potatoes (previously boiled and cut in small cubes)
2 tablespoons butter
1/2 teaspoon pepper
2 cups coconut milk diluted with an equal amount of water
1 segment garlic
1 teaspoon salt

Boil the fish in coconut milk to which is added some calamansi juice. Cool, and flake the fish, removing all bones.

Fry the bacon in butter until crisp, then the garlic until brown. Add the onion, fish, and potatoes, salt, and pepper, and continue frying 3 minutes. Add the coconut milk and let it boil 2 minutes. Serves with crackers.

FISH CURRY AND RICE

1 medium-sized fish
1 teaspoon curry powder
1/4 cup coconut milk
1 teaspoon salt
1 teaspoon flour
1 tablespoon minced onion
1-1/4 cups water

Boil the fish for 5 minutes in 1/2 cup of water, 1/2 teaspoon of salt, and pinch of pepper. Drain and lay aside.

Fry the onion in butter and add the water in which is dissolved 1 teaspoon of flour. Boil 2 minutes or until the gravy thickens. Add the coconut milk to which is added 1/4 cup of water and continue boiling 3 minutes. Lay the fish on a platter, pour the gravy over it, and arrange mounds of boiled rice on either side.

(Use either bakoko, apahap, lapulapu, talakitok or mayamaya.)

FISH WITH GREEN SAUCE

1 fish
2 cups water
2 ripe tomatoes (sliced in halves)
1 tablespoon flour
1 tablespoon salt
1 sliced onion
1 teaspoon salt
A pinch of pepper
Salt

Clean the fish, sprinkle with 1 tablespoon of salt, and let it stand 15 minutes.

Drain, place it in a pan containing 2 cups of water, 1 sliced onion, 2 ripe tomatoes, halved, 1 teaspoon of salt, and a pinch of pepper. Boil 30 minutes.

Drain the fish and lay it on a platter.

FISH WITH MAYONNAISE

1 lapulapu or apahap
1 Bermuda onion
2 potatoes boiled
2 tomatoes
1 cup vinegar
1 cup water
1 pinch water
2 stems lettuce

Dress the fish and put whole in the frying pan. Add vinegar, water, salt, and cook for ten minutes. When done put into a platter, pour mayonnaise on tap and garnish with lettuce leaves (sliced very fine), tomatoes, potatoes, evenly around the plate.

FISH WITH TOMATO SAUCE

3 pounds fish, cleaned but with scales.
Juice of 1 lemon
1 bay leaf
3 tomatoes
2 onions
1 teaspoon butter
1 tablespoon olive oil
Beef broth

Clean fish with cloth, boil in seasoned broth with lemon juice. Chop the tomatoes and onions very fine. Add. Stew 15 minutes until tender. Add butter, oil, and seasoning. Cover with sauce and serve.

FISH TORTILLA

1 pound fish
2 tablespoon lard
1 onion
2/3 cupful canned peas
4 egges
1/2 tablespoon salt
1 clove garlic
1 tomato (large)
1 teaspoonful butter
1/8 teaspoonful black pepper

Clean the fish, put salt on it and then fry until nicely browned. Remove the bones and cut the meat into cubes of one centimeter size. Fry the garlic in the lard. When brown, add the onion which has been cut into one centimeter cubes, the tomato, chopped fine, and the remaining salt. When the tomato is cooked, add fish, butter, peas, and pepper. Stir until all the ingredients are mixed together. Beat the eggs untill stiff and dry. Set

a well greased pan over a slow fire. Beat the eegs well and pour them into the greased pan. When the eggs are set on the bottom of the pan, fold in the first mixture. Brown slightly on both sides and serve at once.

FISH WITH VINEGAR SAUCE

Dress the fish well. Wrap in banana leaves and tie at the ends. Boil in the following mixture for 40 minutes:

4 cups water
2 tablespoons oil (olive of Wesson)
1/8 teaspoon black pepper
2 sliced tomatoes
1 large onion, sliced
2 tablespoons vinegar

Drain the fish and unwrap it. Lay on a platter and pour over it the vinegar sauce made as follows:

Chop into very fine pieces of yolks of 2 hard-boiled eggs and smooth to a thin paste with 8 tablespoons of Wesson oil and add 2 tablespoon of vinegar. To this add:

1 sweet red pepper, roasted peeled, and chopped into fine pieces
4 green onions (with leaves) finely cut crosswise
White of 2 hard-boiled eggs, finely chopped
1 ripe tomato, roasted, peeled, seeds removed and chopped into fine pieces
1 small onion, finely chopped and worked with salt, rinsed, and drained.

Mix thoroughly and use as sauce. (This recipe may be used for either lapu-lapu, tanguingui, apahap, talakitok, bakoko, or pampano).

FRIED FISH NOODLES

1 cup uncooked fish meat
1/4 cup flaked crabs or shrimps
1 tablespoon minced onion
1 teaspoon salt
2 pinches black pepper
2 cups flour
Yolks of 2 eggs
2 tablespoons butter
1/4 cup crab soup made by pounding the alege of the crabs and adding to this a small quantity of water and salt, boiling 5 minutes and straining through a piece of cloth
2 tablespoons sugar

Pound the flaked crabs and fish together in a mortar until a very smooth paste is formed.

Mix the butter and flour thoroughly and add the yolks of 2 eggs. Add this to the pounded fish-crab mixture and knead, adding a small portion of the crab soup from time to time as needed, until the dough is smooth and elastic to the touch.

Place the dough on a floured board and roll to a very thin sheet. Cut in long, narrow pieces about 1½ inches

long and 1 inch wide. Fry in hot fat until brown an crisp. Serve with sweet-sour sauce made as follows:

1 teaspoon salt
1 tablespoons flour
2 tablespoons butter
4 tablespoons sugar
4 tablespoons vinegar
1/4 teaspoon black pepper
2 cups white stock or water

Brown the flour in butter and pour in the white stock gradually, stirring constantly. Add the vinegar, sugar, salt, and pepper, and cook until thick. Stir while cooking to prevent lumping.

HITO (Pampango dish)

3 hitos
4 ears garlic
5 ripe tomatoes
1 Bermuda onion
2 ampalayas

Clean the hito, cut in into pieces and clean. Wash again. Cut tomatoes and onions very fine. Do the same with the ampalaya. Put it in salted water and when soft rub with salt. Wash and squeeze out the bitter taste. Put a frying pan on the fire, put lard and when well hot put garlic and cook until red. Add onions and tomatoes. And when these are done, drop the hito. When the hito is done season with salt. Put cover and add two cups rice water. When brought to a boil put the ampalaya. Do not stir. Remove from fire after a short while. Serve hot.

LAPULAPU ESCABECHILDO (Chinese Dish)

1 big lapulapu
1 cup vinegar
Salt to taste
2 green pepper
1 Bermuda onion
2 stems celery
1 stem green onion
1 piece ginger
6 dried mushrooms
1 spoon Chinese soy sauce
1 teaspoonful Perrin's sauce
2 spoons flour
3 spoons refined sugar
1 spoon lard

Chop all the vegetable ingredients one-half inch long. Cook hard ones first. Soak the mushroom in the water and when soft take off the stem and slice it thin and long. Put them in groups on the plate. After cleaning the lapulapu put it in a frying pan, season with vinegar, put little water and add salt. After it has boiled once remove from fire and put another frying pan on the fire. Cook the flour until well brown. Put the fish broth on a cup and season with soy sauce, perrin's sauce, sugar and when flour is brown pour broth and stir thoroughly. Put all vegetable ingredients and the ginger. When almost done add onion leaves. Transfer to a plate and pour all the ingredients on the top. The vegetables must not be over cooked.

LAPULAPU WITH SAUCE

1 lapulapu, big
2 ripe tomatoes
1 Bermuda onion
2 potatoes
2 spoons Chinese soy sauce
1 teaspoonful Perrin's sauce
2 spoons flour
4 spoons lard

Dress the fish, make some shallow cut throughout the body and put salt. When salt has penetrated the cuts, cook in hot lard about three spoonfuls. Put one spoonful lard in another frying pan and put flour and cook until red. Continue stirring. Take one cup broth and put soy sauce and Perrin's sauce. Pour this in the frying pan with flour after putting the sliced tomatoes and onions sliced very thin. When it boils add the fish and remove to a platter. Cook some potatoes in the fat until red and add to the fish.

MOLE Recipe I

1 medium-sized dalag
2 tablespoons patis
2 tablespoons roasted and powdered rice
1 tablespoon achuete seeds
4 tablespoons lard
1/4 cup roasted peanuts, chopped very fine
2 sections garlic, minced
2 pinches black pepper
2 cups water

Soak the achuete seeds in cups of water for about 15 minutes. Rub the seeds together and strain the liquid.

Clean the fish, cut into 4 or 5 pieces, and drain well.

Fry the garlic in the lard until brown. Add the fish and patis at the same time. Cover pan and cook 5 minutes. Add the powdered rice and finely chopped peanuts previously mixed and moistened with 1 cup of achuete water. Cook 2 minutes longer. Then add the remaining achuete water and boil until the gravy thickens.

PAKSIW (Pickled Fish)

1 pound fish
1 cup weak vinegar
Salt
2 cubic inches gingerroot
1 cup water

Clean the fish and cut crosswise into serving sizes. Add vinegar, salt, and ginger.

Boil until the vinegar is evaporated, then add water. Bring to a boil then remove from the fire. Serve.

PESANG DALAG
(Tagalog dish)

1 mudfish or lapulapu (Any fish will do)
1 stem green onion
1 stem pechay
1 small white squash
1 piece ginger
1/2 teaspoonful whole pepper
Salt to taste

Clean the fish and cut into desired size. Put a boiler on the stove. Put two liter rice water passed through

colander. When brought to boil add ginger, pepper, salt, and white squash. When all is done remove from fire. The sauce is prepared as follows:

50 centavos worth of misua
3 ears garlic, crushed
4 tomatoes, chopped fine
1/2 spoon lard
1 onion, sliced
1/2 small cup patis

Put fat in the frying pan and heat. When hot add garlic and cook until red. Put misua; knead. Add onions, tomatoes. Knead thoroughly. Season with patis, and when fat begins to appear on the surface add little water and remove.

PESANG ISDA Recipe I

1 fresh white fish
1 teaspoonful salt
2 cupfuls water
2 tablespoonfuls lard
1 onion (sliced lengthwise)
1 teaspoonful salt (extra)
1 cubic inch Ginger root
12 peppercorns
1 entire stalk Green onion
1 clove garlic
3 tomatoes large (chopped fine)

Clean the fish and cut it into pieces of a size suitable for serving. Put fish, ginger root, salt, peppercorns, and water into a clean saucepan and boil until the fish is cooked. Just before removing from the fire add the green onion cut into small pieces. Serve with tomato sauce in a separate dish. Make the sauce as follows:

Fry the garlic in the lard and when brown add the onion, chopped tomatoes, and salt. Cook for five minutes until the tomatoes are cooked. Serve hot.

PESANG ISDA Recipe II

1 white fish (3 lbs.)
1 cubic inch gingerroot
1 teaspoon salt
12 pepper
2 tablespoons lard
2 cups water
1 green onion
3 tomatoes
onion, sliced
1 clove garlic

Clean fish and cut in serving pieces. Put fish, lard, ginger, salt, and pepper in water and boil until fish is cooked. Add onion cut in pieces, just before removing from the fire.

Serve with tomato sauce and browned onions.

PESCADO CON SALSA BLANCA

1 bakoko or any kind of fish
2 potatoes
2 tomatoes
1 Bermuda onion
3 stems celery
1 bay leaf
1 small cup olive oil
1 pinch whole pepper
3 spoons vinegar
1 pinch oregano
2 spoons flour
1 pinch salt to taste
Lettuce leaves
1 stem green anion

Clean the fish. Leave head and tail. Make cuts in the body of the fish. Put it into a big frying pan, pour the oil, vinegar, salt, bay leaf, oregano, potatoes, tomatoes and celery cut in small pieces.

Put sliced onions too. Add flour. Pour one cup water and simmer. When about to boil stir to keep from burning. Remove fish and potatoes and pass broth through a colander. Put the fish on a plate and decorate it. Put broth when about to serve.

PESCADO CON TOCHIO

1 big bañgus or apahap
4 tomatoes, ripe sliced very thin
2 Bermuda onions, cut very thin
1 spoon ginger, cut very fine
3 tochios
1/2 cup vinegar
2 spoons garlic, cruched

Dress the fish, and slice into big pieces. Cook in lard. Set aside. Put frying pan on fire, put lard about 1/2 big spoonful. When hot add garlic and cook until red. Add ginger, onion, tomatoes. Knead very thoroughly. Add vinegar and stip stirring. When brought to a boil add 1 cup water and the fried fish. Let it boil considerably, and when broth is thick, season to suit desired taste. Serve.

RELLENONG BANGUS SPECIAL

One big bañgus
3 ripe tomatoes, sliced very fine
1 Bermuda onion cut to small pieces
4 ears garlic, crushed
4 spoonfuls butter
1 small cup grated cheese
1 can peas
1 stem green onion chopped fine
1 spoonful paminton
1/2 canned tomato sausage
2 chicken eggs
1-1/2 spoonfuls oil
Salt to taste
Little powdered pepper

Clean the bangus and cut an opening on the back without cutting away the head or the tail. Take away all the contents and meat as well, take care not to spoil the skin. Lay skin aside and scald the meat to facilitate separating meat from bones. Put on a plate. Put frying pan on fire and pour butter. Put garlic and when brown add onion, tomatoes, and cook well before adding bangus meat. After cooking bangus, add eggs and put half of the canned peas, sprinkle with powdered pepper and grated cheese. Use as fillings for the bangus skin. Lay aside and cook sauce. Put frying pan on fire and heat lard. Cook sauce. Put frying pan on fire and heat lard. Cook onion and then the tomatoes. When reduced to a thick paste put 1 cup broth (meat broth) and season with salt to taste. Put the bangus and the remaining peas. Simmer for 10 minutes after which remove from fire and garnish with chopped onion leaves.

RELLENONG BANGUS Recipe II

1 medium-sized bangus
1 Medium-sized chopped
1 can tomato sauce
1 small can peas
2 eggs

Clean the fish and cut lengthwise at the back. Do not destroy the skin. Scrape off the meat and remove the bones. Season skin and put aside. Saute garlic, onion, tomato sauce and flaked fish-meat. Add the peas. (Raisins may be added if desired). Season with mixture with salt and pepper. Stuff this mixture into the fish skin and sew slit carefully so that the fish looks life a whole one again.

STUFFED BROILED FISH (Bangus) Recipe III

1 medium-sized fish (Bngus)
1 teaspoonful salt
1 tomato (medium size)
1 onion (small)
Few grains pepper

Remove the scales from the fish and cut the back open, lengthwise, about three inches. Remove the internal organs and wash the fish thoroughly. Chop the tomato and onion together, add salt and pepper and stuff the fish with it. Tie the fish so as to keep the stuffing in. Bake or broil the fish. When about done, sear both sides with a little lard and continue cooking until the fish is brown on both sides.

SALMON LOAF

1 can—Canned salmon
2 eggs yolk
1/2 tablespoonful melted butter
3/4 cupful milk
2 tablespoonful gelatine
1/2 teaspoonful salt
1-1/2 teaspoonful sugar
1 teaspoonful mustard
1/2 teaspoonful flour
1/4 cupful vinegar
1/8 teaspoonful Cayenne

Pour hot water over the salmon to remove the oil, then flake. Mix the salt, sugar, flour, mustard, and cayenne, add the egg yolk beaten light, melted butter, milk and vinegar. Cook over boiling water until it thickens, stirring constantly. Add gelatine previously soaked in cold water. Strain the mixture and add to the salmon. Pour in molds, place on the ice and serve with cucumber sauce or with mayonnaise.

SALMON PATTIES

1 tin Salmon (regular)
1/4 cup onion—minced
1/8 teaspoon pepper
2 cups mashed Potatoes
1 teaspoon salt
1/2 cup shortening

Mix thoroughly salmon, potatoes, onion, salt, and pepper. Form into 3 inch patties about 1/2 inch thick. Dip in flour. Fry in hot lard in skillet about 5 minutes on each side or until golden brown.

SARCIADO ISDA
(Fish with Tomato Sauce)

2 pounds fish
1/2 cup fat
1 clove garlic
1 meduim sized onion sliced
2 medium-sized tomatoes
1 cup water
Salt
1 egg

Clean the fish and cut across for individual serving. Fry in the fat until browned. Peel and mash garlic and boil until the vegetables are soft.

Press and pass through a sieve. Keep the liquid portion hot and add beaten egg to it, stirring constantly. Simmer until thick. Pour sauce over fish.

SINIGANG NA ISDA Recipe I

1 mudfish (bacoco or apahap)
4 ripe tomatoes
2 liters rice water
1 banana flower (butuan)
5 centavos worth of sili leaves
5 centavo worth of tamarind fruit

Wash the fish and cut into desired size, and put on a plate. Mash the tomatoes and onion together with the salt and put in the boiler. Put the rice water and tamarind fruit. Let it boil, add salt and stir to keep from solidifying. After it has boiled once put the fish and sili leaves. Remove from fire and season to taste.

SINIGANG NA ISDA Recipe II

6 kamias
1 pound fish (medium size)
1 tomato
1 teaspoonful salt
1 cupful hot water

Cook the kamias and tomato together with a little water. When done mash them well. Clean the fish and cut into slices and put into the saucepan to cook with the kamias five minutes then add the hot water and cook until the fish is tender.

STUFFED CRAB No. 1

1 cup boiled, flaked crabs
1/2 cup bread crumbs
1-1/2 cups milk
A pinch each pepper and cinnamon
1 teaspoon salt
2 tablespoons grated cheese
2 tablespoons butter
1/4 cup suet
3 eggs

Boil the crabs in a few tablespoons of water and a small amount of salt. Flake.

Cook the bread crumbs in milk, add the butter, cheese, and flaked crabs, pepper, cinnamon, suet and the 2 well-beaten eggs. Stuff the crab shells and brush the top with lightly beaten egg yolks. Bake about 20 minutes. Serve hot.

STUFFED CRAB No. 2

1 cup flaked crab
1 chopped onion
1 chopped tomato
1 section garlic, chopped fine
1 minced sweet red pepper
1 teaspoon salt
2 eggs salt
1 pinch pepper

Fry the garlic, onion, and tomato. Add the flaked crab, salt, pepper, sweet red pepper, and continue frying 5 minutes. Cool. Add the well-beaten eggs and stuff the crab shells with this mixture. Fry in hot fat until brown.

STUFFED FISH STRIPS

1 cup flaked fish
1 teaspoon bread crumbs
1 tablespoon cream
1 egg
1 tablespoon melted butter
Pepper and salt to taste
Grated lemon rind

Chop the fish and bread crumbs, add the pepper, salt, 2 pinches of grated lemon rind, melted butter and the egg and cream previously beaten together. Mix thoroughly.

Roll the fillets and tie each with a piece of string to keep it rolled. Place in a greased pan with a small amount of broth made by boiling the heads, bones, and skin in water to which have been added tomato, onions, and salt. Bake in moderate oven about 30 minutes, basting from time to time to prevent burning.

Remove the strings and roll in cracker crumbs. Pour over each 1/2 teaspoon melted butter, and serve with sauce made as follows:

1 tablespoon butter
1 tablespoon flour
1/2 pint milk
A pinch each white pepper and salt
1/2 teaspoon chopped parsley

Brown the flour in butter, add the milk, lemon juice, salt, and pepper, and cook until the gravy thickens. Add the chopped parsley just before removing from the fire.

TOCHONG BANGUS

1 bangus
2 tablespoons ginger cut into very thin, narrow strips
2 sections garlic, finely chopped
2 tablespoons tahuri
2 tablespoons tausi
1 onion sliced in long, narrow strips
1 cake tokua, cut into pieces inch long and 1/8 inch wide
4 large tomatoes, minced

Clean the fish and cut in pieces of 1/2 inch thick. Salt and let stand 15 minutes. Drain and wipe dry with a clean towel. Fry in hot lard until brown and lay aside.

Fry the onion and the tokua and lay aside.

Fry in lard the garlic, ginger, and tomatoes. Add to this the tahuri dissolved in 1 cup of water, then the tausi, and the fried tokua and onion. Boil 5 minutes. Add 2 ta-

blespoons of vinegar and boil 5 minutes longer. Drop the fried fish into this mixture and continue boiling 10 minutes.

Note: Other kinds of fish may be used instead of Bangus.

TORTILLA BANGUS (Fish Omelet)

1 pound fish
1/2 teaspoon salt
2 tablespoons lard
1 clove garlic
1 onion, sliced
1 tomato, chopped fine
1 teaspoon butter
2/3 cup cooked or canned peas
1/8 teaspoon pepper
4 eggs

Clean fish, salt, and fry in lard until brown. Remove bones and cube. Fry garlic in fat in which fish was cooked. Add onion, tomato and salt. Cook for a while, then add butter, peas, and pepper. Add other ingredients.

Beat eggs and pour them into the greased pan. When well set, pour in first mixture. Brown in convenient sizes.

CARE DE CAMARON

Some fresh shrimps
1 cup shrimps meat
2 ear garlic, crushed
1/2 Bermuda onion, cut fine
1 pinch salt, to taste
1 cup coconut milk
1 spoon azafran extract
1 bay leaf
1 pinch powdered pepper
4 green peppers cut 1/2 inch
2 potatoes, cut 1/2 inch
1/2 spoon lard

Put the frying pan on the stove. Put lard and when hot add garlic. When garlic is brown add onion, shrimps and salt. Stir and let cooked in the lard. Put azafran extract and coconut milk. Stir continuosly to keep from solidifying. Add the potatoes and when about to be done put the green pepper, powdered pepper. Remove from the fire when green pepper is done. Serve hot.

CAMARON RELLENADO

6 shrimps
3 tomatoes, sliced thin
1 spoon onions, cut
6 spoons butter
2 ears garlic, crushed
1 pinch powdered pepper
2 chicken eggs
4 spoons grated cheese
1 spoon peas
1 spoon flour
1 pinch onion leaves

Wash the shrimps. Cut in the back and take out all meat. Take care not to spoil the skin. Chop the shrimp meats and cook in butter with garlic, onion, tomatoes. When fat begins to appear on the surface knead thoroughly and put salt if necessary. Add peas, powdered pepper. When done put in a plate and mash with the egg and cheese. Take this mixture and put into the shrimp relleno. Sprinkle with flour. Make sauce and cook shrimp in it.

The sauce: Three chopped tomatoes, one spoon of chopped onion, eight spoons castile oil, one-half spoon onion leaves. Put the oil on the frying pan and when well heated put onion, tomatoes, and salt. Knead and add little water. Put the shrimp and cover one by one into the starch and fry. When serving prepare some sour-sweet sauce.

CAMARON RELLENO TOSTADO (Chinese Dish)

.50 centavos worth of junto sensai
20 centavos worth of camote
4 pieces of taupiha
5 water chestnuts
1 stem onion
1 spoon flour
1/2 teaspoon Perrin's sauce
1 pinch salt
.30 centavos worth of dried mushrooms
24 fresh shrimps
1 stem celery
2 slices canned bamboo shoots
12 spoons pork, passed through grinder
4 yolks of eggs
1 teaspoonful refined sugar
1 teaspoonful soy sauce
1 pinch powdered pepper
3 spoons ham, chopped fine

Wash the shrimps. Peel off the skin leaving the tail. Cut in the middle in the back and wash. Drain and set aside while preparing the other ingredients. Mix the pork and ham together in a plate, pour soy sauce, sugar, flour, eggs, bamboo shoots, celery pepper, Perrin's sauce, salt, chestnut, onion. Chop all these ingredients very fine and soak in water. Soak the mushroom in water. Cut off the stem. Squeeze out the water and cut into small squares and add to the mixture. Take a pinch of this mixture and one piece of taupiha, wrap in junto sensal. Melt some camote starch in cold water, add whites of egg and beat. This has to be thick. Add little soy sauce, onion leaves. Put frying pan on the stove, put lard and when hot, soak the shrimps one by one into the starch and fry. When serving prepare some sour-sweet sauce.

CAMARON DE ASADO

2 stem green onions
1/2 teaspoonful powdered pepper
2 spoonfuls lard
24 big shrimps
1 teaspoonful Perrin's sauce
2 lime fruit

Wash the shrimps. Cut in the back and put salt, pepper, lime juice, onion leaves and Perrin's sauce. Cook in boiling lard to a brown.

GOLDEN SHRIMP

Boil 20-medium-sized shrimps in a small quantity of water seasoned with salt and pepper.

Remove the heads and skins but not the tails.

Beat 4 eggs with 2 tablespoons of flour, a pinch each of salt and pepper. Dip the shrimps in the egg mixture. Fry in hot deep fat until brown.

Serve with sweet-sour sauce. See directions for making in Tocho.

LAGAT LOBSTER OR SHRIMPS

2 cupfuls Lobster or shrimps (peeled and cut)
1 tomato
4 tablespoonful Vinegar (native white)
3 tablespoonfuls lard
1 clove garlic
1 onion
1 teaspoonful salt
1/2 cupful water
1/8 teaspoon black pepper

Shell the lobster or shrimps and cut crosswise. Chop the shells and add them to the water. Stir until all the fat is drained off into the water, then strain and keep the juice. Fry the garlic and when brown add the onion, tomato and salt. When the tomato is cooked, add the lobster or shrimps and the vinegar. Boil until almost dry, then pour in the lobster or shrimp juice. Boil for two or three minutes and serve hot.

SHRIMP CURRY

2 pounds shrimp
1 cupful Soup stock
2 tablespoonful Flour
1 tablespoonful Curry powder
1 Egg (Yolk)
1 teaspoonful Salt
1/2 teaspoonful Ginger
Add to taste Cayenne pepper
1 teaspoonful Worcestershire sauce
1 tablespoonful Crisco
1/4 Onion (chopped)

Method of preparing—Boil the shrimp in salt water until tender and remove shells. Slightly brown onions in crisco, then add soup stock, flour and curry powder. Stir in the egg and add salt, pepper, ginger and Worcesteshire sauce, stirring all over the fire. If very thick it can be thinned with a litfle more water.

SHRIMPS CUTLETS

1½ pounds shrimps chopped and finely minced
2 ounces butter
2 ounces Flour
1 cupful Boiling Milk
3 Eggs (Yolk of)
A dash Nutmeg
1 teaspoonful Salt
1 spoonful Pepper
1 tablespoonful Parsley (minced)
Breadcrumbs as needed

Method of preparing — Melt the butter in a saucepan add the flour and stir to a paste. Add, gradually the milk and cook until of a smooth, creamy consistence. Then add the shrimps, then the well beaten yolks of the egg, salt, pepper, nutmeg and parsley. Pour into a buttered pan one and one-half inches deep. When cold, cut into fancy shape, din in beaten egg and breadcrumbs and fry in boiling fat. Serve with sauce tartare.

STUFFED SHRIMPS

30 medium-size shrimps
6 tablespoons chopped pork
2 tablespoons minced mushrooms
3 tablespoons water chestnut cut fine
1 tablespoon salt
1 section garlic, chopped fine
2 tablespoons chopped tomatoes
1 tablespoon flour
1 tablespoon finely cut onion leaves
2 tablespoons lard
2 eggs

Blanch the shrimps in boiling water. Remove the shells from 20, leaving the heads and tails, intact. Make a deep cut at the center of the back, in a straight line, from the head to the tail. Sprinkle with a pinch of pepper, salt, and a few drops of lemon juice.

Fry the garlic, onion, and tomatoes in lard. Add the 10 remaining cleaned shrimps mixed with pork and chopped fine, also the mushrooms and water chestnuts. Cook 5 minutes longer. Add the green onions and mix thoroughly.

Stuff the shrimps with the above mixture, wrap in a piece of omentum (unto sin sal), dip in 2 well-beaten eggs with 1 tablespoon flour, and fry in hot, deep fat until brown.

Serve with sweet-sour sauce made as follows:

2 lbs. flour
1 lbs. soy
2 lbs. sugar
2 lbs. vinegar

Mix the above ingredients and cook until the gravy thickens.

TORTILYANG HIPPON

10 large shrimps
1 medium sized onion
3 eggs
4 small tomatoes
2 small potatoes
Salt and pepper

Wash shrimps well, place in a deep pan, sprinkle with salt to taste, and allow to boil in 1 tablespoon of water. Allow water to evaporate but remove pan from fire as soon as shrimp shell sticks to bottom of pan. Remove shell from shrimps, take out black vein running down back of shrimp, and nip off head. Head may be used for vegetable casserole. Cut into small pieces and set aside.

Separate egg yolks from white. Beat whites till stiff. Add yolks and beat 1 minute. Sprinkle with salt and pepper. Pour shrimp mixture into beaten eggs and mix well. Drop half a cupful at a time into boiling lard, allow egg to set, turn, and fry other side to golden brown. Ready to serve.

LOAF AND SAVORY SHRIMP SAUCE

2 pounds fillets of Lapu-lapu
3 cups soft bread crumbs
3/4 cup milk
2 eggs, well beaten
1½ tablespoons minced parsley
1½ teaspoons salt
Dash of cayenne
3 tablesspoons margarine, melted
2 tablespoons grated onion
1/2 teaspoon celery salt

Simmer fillets in water until tender; drain. Flake fillets and combine with remaining ingredients. Turn into a greased loaf pan and bake in a moderately hot oven (375° F.) for 40 minutes or until firm in center. Unmold on platter and serve with Savory Shrimp Sauce. To make the Savory Sauce.

3 tablespoons margarine
3 tablespoons flour
1/2 teaspoon salt
Dash of cayenne
1½ cups milk
2 tablespoons lemon juice
1/3 cup Best Foods Real Mayonnaise
1½ cups cleaned shrimp

Melt margarine, add flour and seasonings. Add milk slowly, stirring constantly. Cook until thickened. Add remaining ingredients and heat to serving temperature Serve over Loaf. Yield: 6 servings.

VARIETIES OF PANCIT

CANTON PANSIT

1 package canton macaroni
1 chicken, boiled with 2 liters of water with ham bone cut lengthwise and narrow
1/2 cup dry mushroom, sliced lengthwise and narrow (boil long enough to extract ham flavor)
1/2 cup water chestnut, sliced
1/2 cup ham, cooked and sliced, with some chicken

When chicken is tender drain off the broth and put macaroni. Put a pan on fire and pour lard then cook garlic until red. Add the chicken. Season with soy sauce and add the rest of the ingredients. Cook with chicken broth and when brought to a boil set aside half of the components on a plate with macaroni. Cook the rest until broth is reduced down. Transfer into a plate and put the other half on top.

CHINESE PANSIT (Lanlang)

1/2 kilo pork
1/2 kilo macaroni
1/2 kilo shrimps
1 hen, sufficiently big
1 crab
1/2 cup dried shrimps
3 stems onion
4 stems celery
1/2 teaspoonful jahinamoto
2 eggs
Toyo, patis, salt and pepper to taste if desired
2 pinches flour

When hen is dressed boil in three cups water. Add pork and boil until soft. Take off the receptacle and cut into pieces: the pork into one inch and the chicken meat very thin. Take one half of chicken meat and mash with eggs, little flour, and salt. Make into small balls, cook with lard and put on a plate. Wash clean the dried shrimps and soak in water and put besides the balls. Boil pork and crabs together and cut into small pieces. Put on one side of the plate the same as the onion and celery. Put different ingredients by themselves.

Skin the shrimps, wash and pass through a grinder. Season with salt, pepper, and one egg, one pinch of flour and some onion leaves, chopped very fine and mashed together. Put shortening oil on the frying pan and cook the mashed ingredients. Cut one inch long and put on the plate. The shrimps and crabs separated into pieces are

cooked in one cup of water. Put the chicken bones and when flavor is extracted add to chicken broth and pass through a colander. Season with little toyo, patis, and salt and when well seasoned bring to a boil.. Scald the macaroni and put in a cup and put the other components on top to garnish. Divide equally into as many cups as needed. Garnish with onion leaves and chopped celery and sprinkle with little pepper and pour boiling broth.

PAMPANGA PANSIT

1 head of pig, boiled
1 kilo shrimp, skinned and ground
25 tinapa, skinned chopped
8 eggs of duck, boiled: crushed the yolk and chop the white
10 centavos worth of lime fruit
3 stems wansuy, remove twigs
10 centavvos worth of tango, remove trunk
3 stems onion, cut fine
2 crabs, boiled and separate into pieces, separating bones from meat
1 bottle patis
5 centavvos worth atsuete, soak in water
5 spoonfuls starch
5 centavos worth paminton
5 garlic, crushed
1 kilo spaghetti
1 kilo macaroni
4 eggs boiled, to garnish

Put frying pan on fire, put shortening oil, and when hot cook garlic until well red. Remove garlic and put in small cup, cook shrimp in same oil and season with patis, remove, cut and put in a cup.

Put another frying pan on stove, put one spoonful lard and when hot toast starch. Stir always. When well brown add extract of shrimp and crab, season with toyo and add atsuete coloring. When taste is as desired add chopped celery and crab meat.

Put another frying pan on fire and when hot put lard and toast one cup flour and when well red add pork broth. Put paminton to color and stir continually until thickened. Season with patis, add boiled egg previously ground. Add chopped white of egg to the sauce and transfer into a bowl and put onion leaves chopped very fine. These ingredients should be set by themselves in the bowl. Put spaghetti and macaroni on plates and pour the ingredients on top.

PANSIT CON CALDO

2 tablespoons chopped garlic
1 sliced anion
1 pinch of pepper
1 teaspoon salt
1 cup flaked boiled chicken
1 cup pork, sliced fine
3/4 cup sliced boiled shrimps
2/3 cup Chinese sausages sliced in long, narrow pieces
6 cakes of mique (Chinese noodle)
1 cup cabbage, sliced in long narrow pieces
1 cup patola, sliced in small pieces
3 tablespoons shredded Chinese ham
4 tablespoons toyo
2 cups shrimp soup (made as in previous recipes)
1½ cups ham soup (made by boiling in water bones of Chinese ham)

Fry the garlic, onion, shrimps, pork, chicken, and sausages. Add the toyo, seasoning, and boiled shrimps patola and cabbage and continue boiling until the patola is half cooked. Add the ham soup and boil again, then the mique, which is first blanched in boiling water, drained, and fried for a few minutes in a small quantity of lard. Cook 5 minutes longer. Serve hot.

PANSIT GUISADO

1 cup flaked boiled chicken
1 cup sliced pork
3/4 cup sliced shrimps
1 cup cabbage, cut in long narrow pieces
1 cup patola
3 tablespoons toyo
4 tablespoons Chinese ham, shredded
1 teaspoon salt
1 cup shrimp soup
1½ cups ham soup
1 tablespoon flour
6 cakes of mique (Chinese noodle)
2 tablespoons chopped garlic
1 sliced onion
Pinch pepper

Slice the pork, shrimps, and Chinese sausages in long narrow pieces.

Fry separately the garlic, onion, shrimps, pork, chicken, ham, and Chinese sausages. Lay a small portion of each aside for garnishing the dish. Mix the rest and add the toyo, salt, and pepper. Fry again for about 1 minute. Add the previously boiled shrimp soup, stirring constantly, then the flour mixed with a small amount of the soup. cabbage, patola, and ham soup. Boil until about dry. Add the mique, previously blanched in boiling water, then add the whole mixture in a small quantity of lard, and mix thoroughly.

Arrange on a platter and garnish with the fried garlic, onions, pork, chicken, shrimps, ham, and Chinese sausages. Sliced lemon and parsley leaves will also improve the appearance of the dish.

PANSIT MOLO

2 cups flour
Yolks 3 eggs
1/4 teaspoon salt
1/4 cup water

Sift the flour and salt, add the yolks of 3 eggs, and knead with the fingers. Add the water and work until the dough becomes very smooth and fine. Roll out on a floured board to a thin sheet about the thickness of card board. Cut in small triangular pieces.

Prepare the following:

1 cup ground pork
5 tablespoons toyo
2 Yolk of eggs
2 tablespoons chopped kusay (Chinese leek)
Pinch pepper

Mix the above ingredients and wrap in the dough pressing the sides to seal them together, and to keep the stuffing in. Lay aside.

Prepare the soup as follows:

1 boiled chicken, cut in small pieces
2 tablespoons toyo
1 tablespoon salt
5 cups shrimp soup
1½ cups shrimps boiled sliced
2 tablespoons chopped garlic
10 cups chicken soup
1/2 cup chopped kusay (Chinese leek)

Fry the garlic, onion, and shrimp. Add the chicken and fry about 8 minutes. Add the toyo and cook a few minutes longer. Then add the shrimp soup and chicken soup, and boil very slowly for about 1 hour.

When ready to serve drop the mixture wrapped in the dough in the soup and boil for 5 minutes. Serve hot.

PANSIT MOLO (Visayan Style)

1 hen, boiled in 1½ liters f water
1/2 teaspoonful kutsay chopped very fine
1/2 cup ground meat
ear garlic, crushed
1/4 part of tahuri
1 yolk of egg

Mix all these together very thoroughly. Make paste with which to wrap the mixture. Method of making paste:

1 cup flour
1 teaspoonful salt
9 spoonfuls cold water
4 yolks of eggs
4 spoons lard

Mix all these together and knead very thoroughly. Sprinkle flour on the table and spread mixture. Spread it very thin and cut into many triangles about one inch thick. Put meat mixture over these triangles and fold corners over. Put frying pan on the stove and pour lard. When heated put some onion well chopped. When this is toasted put skinned shrimps. Cut shrimps in two and season with the salt and soy sauce according to desired taste. Slice the chicken very small and add. When this is toasted pour shrimps extract (not all). Stir to keep from solidifying. When shrimp extract is done pour chicken broth if there is some more left.

PANCIT PROVINCIANO

1 cup shredded dried fish
1 cup fresh banana flowers, chopped fine
2 cups sotangjon (white noodles made of rice) soaked in water for about 10 minutes
2 segments garlic
1/2 cup shrimps, boiled and sliced
1/2 sliced onion
2 sliced ripe tomatoes
4 leaves green onions
2 cups shrimp soup
1 teaspoon salt
A few pinches black pepper

Fry the garlic, onion, tomatoes, dried fish, shrimps, and the banana flowers. Add the sotangjon, the shrimp soup, salt and pepper, and boil 10 minutes.

Place in deep dish and garnish with minced green onion leaves.

TAGALOG PANSIT

3 cups dried shrimps
5 lime fruit
1/2 kilo spaghetti
3 cup dried shrimps
2 crabs, separate bones from meat
2 bundles young onions, chopped
5 eggs, boiled and cut to pieces
3 spoons lard
1 kilo pork, sliced very thin, boiled
1 Bermuda onion, sliced into small squares
10 centavvos worth garlic crushed and cooked in oil
1 plateful tango leaves
6 bundles dried macaroni
Pepper and patis to taste

Pound the shrimps, and separate the crab meat from its shells. Dilute in a cupful of water the pounded shrimps and pass through a sieve. Lay aside the pork broth. Put frying pan on fire, pour lard, cook garlic until red and set aside in a cup. Leave some garlic on the pan and cook onions, and then the shrimps and continue cooking. Put the pork, season with patis, and pour the shrimp extract. Stir thoroughly to keep from curdling. When brought to a boil put crab meat, pork broth, and season to taste. Put spaghetti and macaroni and tango leaves, and chopped onion leaves. When boiling transfer to plate and garnish with eggs, toasted garlic, wansuy and lime juice.

FILIPINO PUCHERO (Philippine Stew)

1 spring chicken
1/2 lb. Spanish beans, soaked
2 ground onions
1/3 cup olive oil
1 can tomato sauce
1/2 cup cabbage, boiled
1/2 cup string beans, boiled
3 cups broth
1½ tablespoons salt

Cut chicken in 5 big pieces and boil in kettle with beans and water and salt for 45 minutes. Fry onions in olive oil and add tomato sauce. Add chicken and vegetables. Add 3 cups of broth. Boil 10 minutes.

PORK RECIPES
THAT COUNT

PORK BEEFSTEAK

1/2 kilo pork
4 spoonfuls soy sauce
2 spoonfuls sugar
2 lime fruits
1 small plour
2 spoonfuls lard

Cut the pork 1 inch long and 1/2 inch wide. Make four deep knife cuts on every piece. Wash. Roll on flour and cook in the frying pan with lard. When done, take out some of the lard and put soy sauce, lime juice and stir. Remove at once.

GUAVA WITH PORK

12 large guavas
1 teaspoon salt
Pepper
2 tablespoon sugar
1 clove garlic
2 tablespoons lard
3 tablespoons pork, sliced thin
Water

Peel and slice guavas. Add salt, pepper and sugar. Fry garlic in lard. Add pork and brown. Then add guava mixture and cook 3 minutes. Add water and boil 10 minutes.

KILAWIN (Spiced Pork)

1 lb. pork, sliced thin
1/2 cup vinegar
1 tablespoon salt
1/4 teaspoon black pepper
1 clove garlic
2 tablespoons lard
1 onion
1/2 cup water

Slice pork crosswise. Add vinegar, salt and pepper. Let stand a few minutes. Fry garlic in lard. Add onion and then pork mixture. Cook without stirring until dry. Then add water and boil until meat is tender.

MEATBALLS WITH BROTH

1 cup pork, ground
1 chicken egg
Some pepper powder
2 bundles, misua
1 stem, young onion, chopped fine
2 spoonfuls flour

Mash the egg with four. Mix the ground pork with onion and season with salt, stir thoroughly and then make into balls. Put shortening oil on frying pan and when hot, cook crushed garlic until well brown. Add Tagalog onion, sliced. When well wilted drop 3 spoonfuls "patis" and pour broth in which meat and chicken was cooked. When boiling, drop the meat balls. When well seasoned put two bundles of misua. Remove from fire, sprinkle with pepper powder.

MOLE (Tagalog dish)

1/4 kilo puntaipecho
1/4 kilo pork (liempo)
1/2 chicken
.05 centavos worth of atsuete
1/2 cup roasted peanuts
1/2 cup roaster rice
4 ears garlic, crushed
1 onion, cut to pieces
3 ripe tomatoes, sliced

When meat is about tender enough cook garlic with lard, onion, tomatoes, seasoned with salt. Add atsuete extract. Put ground rice and peanut. Stir occasionally to keep from burning.

When all is ready put pan on the fire and cook garlic, onions. Season with patis and pour pork broth.

KARE-KARE

1 pig's leg
1 cup powdered peanuts
3 tomatoes, minced
2 saba bananas, each cut in eight parts
1 bunch sitao, cut in 3-inch lengths
1/2 cup rice toasted and powdered
4½ cups water
1 large onion, minced
3 cloves macerated garlic
1 banana blossom, quartered
2 eggplants quartered achuete seeds (optional).

Clean pig's leg and cut into desired sizes. Parboil 2 or 3 minutes. Sauté in lard the garlic, onions, tomatoes. Add meat and water and bring to boiling point. Lower heat just enough to simmer meat until tender. Add the peanuts and rice and season with a little salt, if desired. Then add the saba and vegetables simmering until these are tender. Serve Kare-Kare with *bagoong guisado*.

PAKSIW PATA (Pickled Pig's Leg)

1 whole pata (Pig's Leg)
6 cups water
1/2 cup vinegar
Few peppercorn
4 cloves garlic
1 small piece bay leaf
1 teapsoon salt
6 saba bananas, tomatoes, squash, sweet potatoes

Clear and cut the leg into pieces. Place in a caserole or saucepan and cover until it boil. When tender, put all seasonings. Wash saba, sweet potatoes and drop into caserole. Cook unti soft.

PAKSIW PIG'S PATA ESPECIAL

1, Pata
A little vinegar
4 cloves garlic
1 teaspoonful salt
6 cupfuls water
1/2 cupful peppercorns
1 small piece bay leaf
6 Ripe saba

Clean and cut the pata into pieces. Into a carajay or saucepan put the pata, cover with water, and add the other ingredients except the saba. Cover and bring to a boil, then let cook slowly. When the pata is tender, wash the saba and drop into the carajay, cover and cook until the saba is soft.

PAMPANGA APRETADA

1/2 pound beef
1/2 pound pork
3 tomatoes, cut into pieces
2 Bermuda onions cut into pieces
2 potatoes, cut into pieces
1 cup vinegar
1 spoonful paminton
2 garlics, crushed
1 bay leaf
4 green peppers, cut into pieces

Cut the beef and pork into 1-1/2 by 1/2 inches. Wash and put in frying pan. Season with vinegar, garlic, salt, bay leaf, and pour little water. Cook on fire. When about tender take off the fire and pour little lard. Toast and add paminton, onions, potatoes, green pepper, tomatoes. Pour soup that was drained out before. Cover and let stand over slow fire. When dry remove from fire.

PIG LUNG

2 pig lungs
2 pig hearts
3 tomatoes, sliced very fine
1 spoon crushed garlic
Powdered pepper
1 pinch paminton
Salt to taste
1/2 cup vinegar
1 Bermuda onion, sliced very fine
2 spoon lard
1 little oregano

Slice the lung very fine and squeeze out the water. Wash very clean and scald. Chop and cut open the heart to drain out the blood. Wash heart very clean, till all blood is out, chop fine and add to lung. Put frying pan on fire, put lard and when hot put garlic. When garlic is red add the pig hearts and when fat begins to appear on surface add the lung. Toast very well, then add vinegar, oregano, and powdered pepper. Boil out the vinegar without stirring, then put water. Add little paminton for coloring and when seasoned according ta taste, remve from fire.

PORK ADOBO

1 kilo pork, cut to pieces of about 2 inches long and 1½ inches thick
1 tablespoon lard
1/2 cup vinegar (native)
1 head garlic, pounded
1 teaspoon black pepper, grounded
2 cups water

Place the pork in a saucepan. Add vinegar, garlic, pepper, salt, and water. Cover the saucepan and cook slowly until a small amount of soup is left, about 1/4 cup.

Drain; separate the pieces of garlic from the pork and fry in lard until brown. Add the pieces of pork and fry until brown. Add the soup and let simmer about 5 minutes. Serve hot.

PORK WITH GRATED CHEESE

Pork chops
Salt and pepper
Lemon juice
Cheese

Salt chops and squeeze on lemon juice. Let stand one-half hour. Grate cheese and sprinkle on each piece. Bake them in oven.

ROAST PORK WITH PINEAPPLE

5 lbs. pork shoulder for roasting
2 teaspoons salt
1/4 teaspoon pepper
2 tablespoons flour
8 slices pineapple
1/2 cup sugar

Clean the pork and rub seasonings and flour on the surface. Roost in a moderate oven (350° F.), allowing about 30 minutes per pound. Sprinkle the rings of pineapple with sugar and place over the roast during the last 45 minutes. Serve on a platter surrounded by pineapple rings.

SHOULDER PORK CHOPS (Spanish)

3 pork shoulder chops
2 tablespoon fat
1 cup tomatoes
Salt and pepper
2 tablespoons flour
1 small onion
1 tablespoon Worcestershire sauce

Sprinkle chops in flour and brown in the hot fat. Slice onion over them, add tomates and season with Worcester sauce, salt and pepper. Cover and cook slowly until chops are done. Cook for 45 minutes, or more according to thickness of chops.

SINIGANG (Pork or Meat) WITH GUAVAS

1 lb. pork or beef with fat.
1 teaspoons salt
6 large, ripe guavas
1½ cups water

Cut meat into 1 inch cubes. Add salt and cook for about 2 or 3 minutes, or until fat begins to ooze out. Add guavas, which have been peeled and cut in halves. Add rice water and boil until meat is tender.

TAUCHO' (Pork with Chinese Sauce)

1 lb. pork
1 clove garlic
5 tablespoons lard
1 cup water
Salt and pepper
1 cubic inch ginger root (cut in threads)
4 tablespoon Taucho (Chinese Sauce)

Cut pork lengthwise in thin slice. Fry garlic in lard. When brown add ginger and pork. Cook until pork begins to brown. Season. Add sauce dissolved in water. Boil until half on the water is evaporated and meat is tender. Serve hot.

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BEEF SPECIAL

BOLA-BOLA CON SALSA

2 chicken eggs
1 spoonful flour
2 spoonfuls soy sauce
Powdered pepper
3 spoonfuls scum of carabao's milk
6 crabs-meated
1 cup ground beef
6 water chestnuts, chopped fine
4 dried mushrooms, cut into small squares
Some chopped celery

Mix the crab meat and beef. Add egg, flour, pepper, soy sauce, celery, and scum of milk then add also the water chestnut and mushroom and make mixture into balls. Cook in a little quantity of shortening oil and when half cooked reduce oil. Sprinkle with flour, sauce, and Perrin's sauce. Put little sugar. When taste is agreeable, add meat balls. When sauce is thick, transfer into a plate and garnish with celery.

CHEESE HAMBURGERS

1/2 kilo pierna corta, passed through a grinder
3 eggs, (chicken)
2 spoonfuls flour
2 spoonfuls soy sauce
1 teaspoonful green onion leaves, cut very short
1 teaspoonful perrin's sauce
1 lime fruit

Put ground meat on a plate and mix all other ingredients. Then make into balls with holes in the middle, resembling doughnut. Fry with lard and when toasted, put whole egg in the hole and remove from fire while yet half cooked.

BEEFSTEAK HAMBURGO

1/2 lb. chuck or ground beef
3/4 teaspoon salt
1/4 cup catchup
3 tablespoons flour
1/4 lb. grated processed American Cheddar cheese (1 cup)
1/2 cup corn flakes
1-1/3 cups milk
Speck pepper
2 tablespoons fat
1 tablespoon prepared mustard

Combine beef, corn flakes, 1/4 cup milk teaspoon salt, pepper, and catchup. Form into 6 patties; then saute in 1 tablespoon fat until brown on both sides. Melt

remaining 1 tablespoon fat in saucepan. Stir in flour and mustard, then remaining 1-1/2 cups mlik and 1/2 teaspoon salt. When smooth, add cheese and cook until melted. Arrange hamburgers in baking dish. Pour sauce over them; then bake in sauce oven of 325 degree F. for 20 minutes. Makes 4 or 5 servings.

Note: Ground lamb or veal breast or should may replace the beef.

COW LEG MENUDO

3 cow legs
3 potatoes, cut into quarters
1 cup cowpeas, boiled
1 can pickles, sliced lengthwise
1 spoonful oil
1 spoon crushed garlic
1 Bermuda onion, cut very small
.05 centavo worth of pepper and salt, to taste

Boil the cow legs and cut when tender. Put a frying pan on stove, put oil and when hot put garlic until red. Put onions and when this is toasted put legs. Add potatoes and paminton. Cook very well and add cowpeas. Pour broth and season with salt. Simmer once more. When ready to serve garnish with sliced green pepper.

CURRY KAWAB

2 lbs. beef, mutton or veal
2 tablespoons mustard oil
4 teaspoons ground onion
1 teaspoon ground chillies (hot pepper)
1/2 teaspoon ground ginger
1 teaspoon turmeric
1½ teaspoons salt
1 cup coconut milk
1/2 teaspoon ground coriander
1 lemon juice
4 tablespoons lard
1/4 teaspoon garlic

Slash the beat without cutting through. Let it stay in the mixture of spices, oil, lemon juice and coconut milk for 20 minutes. Cut the meat into squares and soak in the same mixture for one hour. Put the meat on a metal skewer and roast over hot charcoal or electric toaster. Baste with lard. Serve hot. Cook the condiments with lard with a little flour and water to make a rich gravy for the kawab.

FILIPINO BEEF

2 green pepper
1 lb. round of beef
1/2 lb. lean fresh pork
1 small onion
1 cup stale bread crumbs
1 teaspoon salt
2 eggs
1 tablespoon butter
1 tablespoon flour
2 cups stewed tomatoes
2 slices bacon

Remove the seeds from the pepper. Run through meat grinder with meat and onion. Add bread crumbs, seasoning, and egg. Form into a loaf. Melt butter and blend in flour. Add stewed tomatoes. Put tomato sauce and bacon slices over the meat. Bake 45 minutes.

KARI (Tagalog dish)

1 cow tail
2 cow legs
1/2 kilo goto and intestine
1/2 kilo bamboo shoots
1 cup, roasted peanuts, pass through a grinder
1/2 cup, roasted rice, passed through a grinder
6 eggplants, sliced thin small
2 banana flowers, sliced
5 centavos worth of atsuete
6 radishes, sliced thin
Salt to taste

Dress goto, intestine, tail, legs. Cut into desired size minus intestine. Boil until soft after which cook with lard. Add garlic, onion, and when toasted extract flavor of atsuete and add. Put peanut and rice. Season with salt. Put banana flower, add to broth and put all other ingredients.

LENGUA ASADO DE CARAJAY

1 cow tongue
4 potatoes
3 tomatoes
1/2 teaspoonful whole peppers (black)
1 bay leaf
3 heads garlic (whole) roasted
3 spoons sugar cane vinegar
Some oregano
1½ liters water
1½ spoonfuls lard
2 spoon flour
1 teaspoon paminton
1 copa de vino
2 Bermunda onions

Peel the potatoes, and cut into halves. Do likewise with tomatoes. Cut onion into quarter. After cleaning the tongue cook in lard until red. Pour vinegar, water, salt. Put oregano, pepper, bay leaf, garlic, paminton. Cover and simmer and when broth is reduced to one-half prick the tongue and mix with flour and turn over. Add tomatoes, onion and cover until all broth reduced down. Pour vine de jerez, and put potatoes. When tongue is tender, remove if broth is very thick.

LENGUA ESTOFADA

1 cow tongue
4 spoonfuls sugar cane vinegar
3 whole garlic, roasted
4 potatoes, peeled
4 saba bananas, peeled
6 pieces ham, chopped very small
1 teaspoonful whole pepper
1 bay leaf
Some oregano
2 spoonfuls lard
2 spoonfuls flour
2 Bermuda onion, cut into halves
1 cup vino
2 liters, meat broth

After washing tongue cook in lard until red. Prick. Pour broth and season with salt. Add other ingredients: bay leaf, pepper, oregano, sugar cane vinegar. Cook until tender and add all remaining ingerdients and cover. Simmer until broth is reduced into thick sauce. Add 1/2 teaspoonful soy sauce. Remove from fire.

MEAT PESA (Tagalog dish)

4 spoonful patis
1/2 white squash, cut
1 inch square
1 stem pechay
4 liters rice water
1 piece beef
1/2 kilo puntaipecho of cow
4 pieces salted cucumber
.05 centavo worth of pepper

Cut meat into one inch. Also the puntaipecho. Wash and put in the boiler. Add one cup water. Put on fire and when about to boil season with patis. Put cover and stir continually. Put salted cucumber and salted ginger. As soon as fat begins to appear on the surface put rice water and boil until tender. When about to be done add white squash and when this is done put pechay. When about to remove from fire prepare sauce—patis with lime juice.

MORCON

1 pound beef
1 egg, boiled and cut flat
3 pieces small bacon
3 tomatoes
1 bay leaf
3 spoonfuls flour
3 pieces coagulated chicken blood
Pepper, vinegar, salt and paminton for seasoning

Cut the beef very wide and thin and add salt. Stretch out and sprinkle with flour and roll on whipped eggs. Put bacon and sprinkle with flour again. Roll very tight and tie thread on both ends. Put into rying pan and cook. Season with vinegar, salt, onion, tomatoes, crushed garlic, bay leaf, and add little water, about 2 cups. Put little paminton. Cover and transfer on fire. When about dry pour 1/2 spoonful lard. Toast a little over fire, turning it on both sides now and then until red. Pour one cup broth and when this is reduced to thick sauce, remove from fire.

SUKIYAKI A LA MORCON

Bread, milk, little powdered pepper
Some nutmegs, crushed
Little salt to taste
Loin meat sliced thin
1 ear garlic
2 spoonfuls butter
2 spoonfuls green onion, chopped fine
2 eggs sliced tasted

Soak the bread in the milk, mix with the meat and eggs and then add all the rest of the ingredients. Mix thoroughly and well. Then roll long and wrap with junto sensal after which cook with steam and then with shortening oil. When red, pour meat broth (2 cups) add some chopped onion, 2 spoonfuls toyo, 2 stems celery, and then bring to a boil to reduce the broth into one half as much, making it a sauce.

PICADILLO
(Minced Meat with Vegetables)

4 cloves garlic
2 tablespoons lard
2tomatoes
1½ cups minced beef
2 teaspoons pepper
2 onions
4 cups hot water
2 potatoes, cubed or string-beans
2 teaspoons salt

Fry the garlic in lard until brown. Add tomato, cut in pieces, then cook 5 minutes. Add minced beef and onion. Cook 5 minutes. Add rice, water slowly.

When meat is done, add potato and cook until soft. Season.

SINIGANG BEEF

6 kamias
1 pound brisket (beef)
1 teaspoonful salt
2 tomatoes
3 cupfuls hot water
2 teaspoonfuls patis

Cook the kamias and the tomatoes together. When soft, mash them with a wooden or shell spoon. Add the beef and the rest of the ingredients. Cover and let cook until the beef is tender.

TAGALOG MITSADO

One kilo pork and beef. Cut off all the films and ligaments and cut a hole for a piece of bacon or fat. Put into frying pan together with the following ingredients.

3 spoonfuls crushed garlic
1 cup Chinese vinegar
1 teaspoonful salt
2 glasses of water
Powdered pepper
Laurel
1 anise

Cover and boil. As soon as brought to boil, low down the fire and turn pork and beef over and over once in a while. When vinegar evaporates, put native onion (about one small cupful). Toast it a little, after which pour a spoonful lard. Add little broth to melt the sauce and after a while on the fire, it is ready to serve.

TAGALOG MORCON

1/2 kilo meat
1/2 kilo pork
4 tomatoes, ripe, cut very thin
2 Bermuda onion, sliced lengthwise
5 green peppers, chopped
1 bay leaf
1 spooncrushed garlic
1/2 cup vinegar
1 spoonful salt
Powdered pepper
Cow liver, sliced very thin, soaked in water

Cut the beef very wide but thin and add salt. Stretch out and sprinkle with flour and roll on whipped eggs.

Put bacon and sprinkle with flour again. Roll very tight and tie thread around and on both ends. Put into frying pan and cook. Season with vinegar, salt, onion, tomatoes, crushed garlic, bay leaf, and add little water, about 2 cups. Put little paminton. Cover and transfer on fire. When about to dry pour 1/2 spoonful lard. Toast a little over fire, turning it on both sides now and then until red. Pour one cup broth and when this is reduced to thick sauce. remove from fire.

STEAK WITH WORCESTERSHIRE SAUCE

3 pound—boston round steak
1 tablespoonful—Worcester
1/2teaspoonful—Celery
2 teaspoonful—Salt
1/4 teaspoonful—Pepper
1/4 teaspoonful—Mustard
Small piece—Suet

Wipe the steak carefully, dust with salt and pepper, and rub in as much flour as it will take up. Fry out the suet, add the mustard and brown the steak: add a small amount of water and boil rapidly for five minutes, then reduce the heat and simmer for three hours. More hot water may be added if necessary while it is cooking. Just before serving add the celery, salt and Worcestershire to the gravy which should be rich, thick, and very brown and should not need additional flour. Chopped mushroom may be added to the sauce if desired.

SOME LUMPIA DISHES

LUMPIA No. 1

1 cup shrimps, boiled peeled, and cut fine
1 cup pork, boiled and sliced fine
1 cup string beans blanched and cut in narrow pieces 1/2 inch long
2½ cups grated green papaya
1½ cups grated inkama (sinkamas)
1/4 cup toyo sauce
4 tablespoons sugar
1½ teaspoons salt
2 cups shrimp soup
2 sections garlic, chopped fine
1 onion, sliced fine

Boil the shrimps and pork in 2-1/2 cups of water.

Fry the garlic and onion lard, then the shrimps and pork. Add the toyo sauce, the shrimp broth (made by pounding the heads and tails of the shrimps boiling them it water in which they were cooked, and straining the soup), string beans, papaya previously worked with salt, washed and pressed to remove the water, sinkamas, salt, and sugar. Boil until the papaya and sinkamas are tender.

Remove from the fire and wrap about 2 tablespoons of the mixture in lumpia wrappings.

Spread on top of each a small quantity of pounded garlic and 1 teaspoon of lumpia sauce before serving. The sauce is made as follows:

1½ cups water
1/2 cup toyo souce
1/3 cup sugar
4 tablespoons flour

Mix the toyo, water, sugar, and flour and boil to a thick gravy. Stir constantly while cooking to prevent lumping.

LUMPIA WITH COCONUT MILK No. 2

2 cups gabi stalks, cut 1/2 inch long
1 cup pork, boiled and sliced fine
1 cup shrimps, boiled and sliced fine
1½ teaspoons salt
2 cups coconut milk
2 sections chopped garlic
1 minced onion
Juice of 8 calamansi

Boil the pork and shrimps in 2 cups of coconut milk, and 1 teaspoon salt. Save the soup, and cut the pork and shrimps into fine pieces.

Fry the garlic and onion, then the shrimps and pork. Add the gabi stalks which have previously been peeled, cut, and boiled in three changes of water and then boiled in the coconut milk in which the pork and shrimps were cooked. This is acidified with calamansi juice. Add 1/2 cup coconut milk and boil 10 minutes. Wrap in lumpia wrappings, and serve with finely chopped garlic and lumpia sauce. See lumpia No. 1 for sauce.

OH PIA (Lumpia)

Some Chinese gabi
Mushroom
Onions
Lumpia wrappers
Ham
Chicken meat
Lard, garlic, soy sauce
Starch melted eggs

Take some Chinese gabi, ham, mushroom, chicken meat, and onions. Chop them all to pieces. Cook in the lard with garlic and soy sauce. Wrap with lumpia wrapper about two inches long. Soak in such melted eggs and cook in the lard. Serve with sour-sweet sauce. This is how to make this sauce:

4 spoons soy sauce
4 spoons camote starch
4 spoons vinegar
Caramel

Mix thoroughly and boil.

FILIPINO LUMPIA

Wrapper:

6 eggs, slightly beaten
4 cups cold water
2 cups bread flour
1 tsp. salt

Combine water and slightly beaten eggs. Then add to the dry ingredients (flour. salt) gradually, stirring until mixture becomes smooth. Heat a small iron skillet and grease with shortening. Pour a small amount of the thin mixture into the skillet to form very thin pancakes, about 4 inches in diameter. Turn over to brown both sides. Remove from heat and cook the rest of the batter likewise, greasing the skillet each time with shortening.

Filling:

2 cups green beans cut into fine strips
1 small cabbage, shredded
1 small coconut ubod in fine strips
2 cups boiled garbanzos
1 young chicken, disjointed
1 kilo lean pork
2 large onions
6 crabs, boiled, flaked
2 cups boiled shrimps, peeled and sliced
1 cup ham cut into fine strips
1 cup shortening
4 cloves crushed garlic

Wash vegetables, add 1/2 cupp shortening, and cook over slow heat in a deep vessel until vegetables are steamed in their own juice. Cool and set aside. Boil chicken and pork together until tender. Separate chicken meat from bones and cut into small pieces. Cut pork into fine strips. Saute in 1/2 cup shortening the garlic and onions. Add chicken, pork, crab meat, shrimp and ham. Season with salt and pepper and add enough "achuete" extract to color the mixture. Add the vegetables, cover and simmer until meat and vegetables are well done. Add chopped kinchay greens if desired. Cool before wrapping.

Sauce:

4 tbsps. cornstarch
1/3 cup brown sugar
1/2 cup toyo sauce
1½ cup water

Mix ingredients until smooth, and cook over slow heat, stirring constantly until the mixture is of the right consistency.

Wrapping the Lumpia:

Lay a lettuce leaf on each lumpia wrapper and place about 2 tbsps. of the filling in the center. Brush one side of wrapper with lumpia sauce to aid in sealing the sides. Roll the fold one end securely, leaving the other end open. Serve with lumpia sauce and minced garlic.

MACARONI AND SPAGHETTI

MACARONI WITH TOMATO SAUCE

4 ounces—Macaroni or Spaghetti
1 Pint—Tomato sauce
Cheese—quantity desired

Heat the macaroni or spaghetti which has been previously boiled and blanched. Add it to the tomato sauce and serve Parmesan cheese with it.

Macaroni may be served as a garnish to chicken, mutton, or veal.

MACARONI WITH CHEESE

3/4 cupful—Macaroni
1¼ cupful—Cream
1 cupful—Grated cheese
1/4 teaspoonful—Salt
1 tablespoonful—Butter
3/4 cupful—Bread Cubes

Break the Macaroni into inch lengths and cook in boiling salted water until tender. Drain and rinse in cold water. Scald the cream, stir in the grated cheese, stirring until the cheese is melted and smooth. Add salt, butter and macaroni. Put mixture into a shallow dish and bake. Have ready the bread cut into cubes, brown them in a little butter or oil made hot in a frying pan. Shake and toast the bread cubes until they are browned nicely on all sides, then drain on soft paper and sprinkle them over the macaroni.

SPAGHETTI NEST

Boil one package of spaghetti until tender in water containing salt and pepper. Drain well, add 4 tablespoons of grated cheese and 6 tablespoons of chicken broth and bake for 5 minutes in a moderate oven.

Boil a small fish in 1 cup of water containing 1 teaspoon salt, a pinch of pepper, 1/2 sliced onion and 1 sliced tomato. Flake and remove all bones.

Cook 1/4 cup bread crumbs in 1/2 cup coconut milk. Add 1/2 cup flaked fish, 1 minced sweet pepper, and 1 well-beaten egg. Form into small egg-shaped croquettes, roll in lightly beaten egg, then in bread crumbs, and fry until brown.

Arrange the spaghetti on a platter in the form of small nests and place 2 egg-shaped croquettes in each before serving.

Serve with tomato sauce or catchup.

CHINESE RECIPES

BA CHUNG CUY
(Chinese Style Stewed Chicken)

1 chicken, separate all bones
1/4 kilo chestnut
1 spoon soy sauce
1/4 kilo pork
1/4 kilo ham
1/4 kilo mushrooms
1/4 kilo bamboo shoots

Dress one whole chicken, separate all the bones in the way Chinese do it beginning from neck. Prepare one-fourth kilo pork, ham, mushrooms, bamboo shoots, chestnut, all of which are sliced fine. Cook the meat in the lard for a few minutes. Put all the other ingredients plus one spoon soy sauce. Remove from fire. Put the mixture inside the chicken. Put chicken on a platter and cook in double boiler for two or three hours or until tender. When about to serve transfer into a big bowl and serve hot.

CHAN F'YOOK YUN
(Fried Meat Ball)

1 lb. of pork
1/2 cup crabmeat
2 ozs. mushrooms
2 eggs
1/4 lb. water chestnuts (apulid)
1/2 lbs. corn flour
Salt, pepper, sugar
Chinese sauce

Chop the pork, mushrooms, water chestnuts into fine pieces and mix with the crab, seasoning with a little salt, pepper and sugar. Roll into balls about 1-1/2 inches in diameter. Put the cornflour in a bowl and roll the meat balls in it, so that they are well-coated. Beat 2 eggs and mix with a little water. Coat the meat balls with this and cook for 15 minutes in a large saucepan of boiling oil. Serve with Chinese sauce.

LU GAI CHOP SUEY
(Special Chicken Style)

3/4 lb. of bean sprouts
6 oz. thinly sliced onions
3 ozs. thinly sliced tomatoes
cornflour water
1/4 lb. thinly sliced bamboo shoots
2 ozs. mushrooms
1/2 lb. thinly sliced chicken
Salt
Sesame oil
Chinese sauce

Soak the mushrooms in hot water for 15 minutes, re-

move the stalks, and cut into thin slices. Sprinkle a little salt in a hot oiled pan, put in the chicken meat and cook for 1 minute. Add the bamboo shoots, the bean sprouts, the onions, and mushrooms and cook for another five minutes. Add the tomatoes, cook for 1 more minutes, sprinkle with a little cornflour water and a few drops of sesame oil and cook for a further minute. Put on a hot dish and place over it an egg, previously well beaten and cooked in a hot oiled pan for 1 minute. Serve with Chinese sauce.

CHING CHAPI PIAN
(Fish With Sauce)

1 lapulapu or bangbangin
Bermuda onion
Some pieces of ginger
2 spoonfuls camote starch
1 spoon soy sauce
Some lime juice
2 cup of water
Ham, chestnut, mushroom,
2 white of eggs
onions chopped fine
Salt to taste

Take one lapulapu or bangbangin, regular size. Take out all the meat ,chop, and sprinkle with lime juice. Put salt and let stand for a while in this. Boil the bones in two cups water, add Bermuda onion and several pieces of ginger. Pass the broth through a colander and boil once more. Put the chopped fish and two white of eggs. Put two spoonfuls of camote starch. Remove and boil. Soak in one cup water. Prepare some ham, chestnut, mushroom, onions—all chopped fine. Pass the broth through a colander and add. When it has come to a boil add the fish. Put one spoon soy sauce, put salt to taste. Serve very hot.

CHOP SUEY No. 1

1 cup flaked boiled chicken
1 cup boiled sliced shrimps
6 tablespoons sliced Chinese ham
1/2 cup boiled and sliced chicken livers and gizzards
2 Chinese sausages
1/2 cup mushrooms
1 pig's kidney, boiled and sliced
3 cups cabbage, cut, in pieces
1 cup sliced patola
6 tablespoons toyo
1 tablespoon flour
2 tablespoons chopped garlic
3 sliced onions
2 cups chicken broth
1 cup ham broth
1/4 teaspoon pepper
1 teaspoons salt.

Fry garlic, onions, pork, shrimps, chicken, ham, sausages, livers, gizzards, kidney, and mushrooms, together; then add the toyo, salt, pepper, and shrimp broth. Boil 5 minutes. Add the cabbage, boil 5 minutes longer; then the patola, and lastly the ham soup mixed with flour. Boil until the vegetables are tender. Stir while boiling to prevent burning.

Place in a deep dish and garnish with parsley leaves.

CHOP SUEY No. 2

1 cup flaked boiled chicken
1 cup sliced boiled shrimps
6 tablespoons sliced Chinese ham
2 Chinese sausages
1/2 cup sliced pork
1/2 cup mushrooms
1 pig's kidney
2 each boiled and sliced chicken gizzards and livers
3 stalks celery, sliced diagonnally
1 sliced carrot
1 cup cabbage, cut in pieces ½ inch long and 1/2 inch wide
3 sliced onions
1 teaspoon salt
1 tablespoon flour
1/4 teaspoon pepper
2 cups chicken broth
1 cup ham broth
6 tablespoons toyo
1 cup sliced celery

Proceed as in chop-suey No. 1.

CHOW MIEN
(Chicken with Mushrooms)

1 cup cooked chicken's meat
4 ounce tin mushrooms
3 stalks celery, sliced diagonally
1 cup stock
1 dozen almonds
2 green peppers cut into strips
2 large onions, sliced

Cook vegetable quickly in boiling stock and add chicken. Continue cooking quickly until vegetables are tender but not overdone and the stock almost absorbed. Blanch almonds and slice them into thin strips. Saute almond strips in about 2 tablespoons dripping and add mushrooms. Remove almonds and mushrooms from dripping and set aside. To remaining drippings in the frying pan add the drained vegetables. Season with soy and pepper if desired and add remaining stock. Serve hot topped with the almonds and mushrooms.

CUY LONG LUSON

Chicken brisket and bacon.
1 can asparragus, cut 1 inch long
1 pinch salt
1 cup broth
2 spoons camote starch
1/2 spoon soy sauce
Salt to taste.

Cut the chicken brisket and bacon. Add one pinch salt. Let stand until salt saturate chicken and bacon. Put into one cup full of broth. Take one can asparagus, put them in the middle about one inch long. Separate the ends. Use them later for decorations. When about to serve hot the stems in one-half cup chicken broth. Add two spoons camote starch to chicken paste. Add one-half spoon soy sauce put the chopped brisket and remove the fire. Put mixture on a plate and garnish with ends of asparragus and chopped ham. Serve very hot. Salt to taste.

CHICKEN, CHINESE DISH STYLE

1 chicken, regular size
3 stems Baguio pechay
1 carrot
2 spoonfuls starch
6 pieces ham
3 spoonfuls soy sauce
1 pinch salt
3 spoonfuls lard
1 chopped onion
1 egg and a handful flour
8 fresh shrimps

After dressing the chicken boil whole in one liter of water. When about to get tender remove. Set aside broth. Separate meat of chicken from bones. Pass half of chicken meat through a food grinder together with 8 fresh shrimps with skins peeled off. Mash with 1 egg, 1 pinch flour and little soy sauce. Stir with spoon. Heat the lard in a frying pan and fry mixture. Do not put mixture all at one time but spoon after spoon. Cook garlic in the same fat and when red add onion and when onion is brown, put crumbled chicken. Toast this for a moment and pour soy sauce and salt. Cut the ham one inch long and cook with chicken. Put cover and add pechay, sliced fine. Cut the carrot thin and long and put with the pechay. Pour the broth of the chicken. Melt some starch in cold water and add. Season to taste.

CHICKEN MACAO RECIPE

1 young chicken
1 canned bamboo shoots cut 1/4 inch thick
1 stem green onion, cut 1 inch long
1 canned bamboo shoots cut
1/2 pound pork
1/2 cup dried mushrooms, soaked in water, take stems out
1 medium size radish
1/4 cabbage, cut ½ inch
2 spoons lard

Dress the chicken and cut one inch long. Cut pork one inch long and 1/4 inch narrow. Add chicken. Put frying pan again on fire put lard and garlic. When garlic is well brown put chicken, and pork and cook thoroughly. Toast it and add soy sauce. Put cover and stir. Add bamboo shcot, then radish, cabbage, onion, and chicken meat. After all the vegetables are tender, put all broth and season with soy sauce and two spoons starch and one pinch salt.

CHINESE CHOP SUEY

1 hen
1 pound pork
1 small piece of asafran
1 cup dried mushroom
1 cup celery or young bamboo shoots
2 peppers (green peppers)
1 spoonful flour
spoon sugar
1 spoon soy sauce
1 cup broth
4 cups bean sprout
1 Bermuda onion
1 whole garlic

Boil the chicken and pork until nearly done. Take out

the chicken bones and chop meat into small pieces. Do the same with the pork. Put the vegetable in a boiler together with the broth and boil for twenty minutes. Put flour and then season with sugar, soy sauce and azafran. Stir well and then put chicken and pork. Let boil for a while and put bean sprout. Continue boiling for another fifteen minutes. When about to serve reheat and serve with toasted rice.

CHINESE STUFFED BLACK MUSHROOMS

24 dried black mushrooms
1/2 pound ground veal
2 egg (beaten)
2 teaspoonfuls salt
1 can small white mushrooms
1¼ pounds ground ham
1 pound ground white fish
1 tablespoonfuls butter
1 teapoon black pepper
1/2 cupful fish stock

Soak the dried, black mushrooms in cold water for one hour, drain and remove thestems. Put them into a sauce, pan, add butter, salt, pepper, and fish stock (water in which the fish has been cooked) and cook for half an hour. Mix the ham, veal, fish, eggs and white mushrooms, with the meat and fish mixture. Place in a colander and steam for one hour. Serve with toyo sauce. The sauce is serve in individual dishes.

Note: — This is a delicious entree. The quantity called for in the recipe will serve twelve people.

PUERCO CON SALSA AGRIO-DULCE

(Pork With Swee Sour Sauce)

1¼ lbs. pork cutlets
2 cups flour
2 cloves garlic
1/2 cup sugar
Cornflour
1/2 lb. mixed pickles
2 eggs
2 teacups of vinegar
Salt and pepper

Cut the cutlets into 1-1/2 inch lengths and 3/4 inch wide, salt and pepper them and coat with flour, then put in the eggs, well beaten up with little water, and cook in a large saucepan of boiling oil for 15 minutes. Drain thoroughly. Drop in bowl where sweet sour sauce has previously been poured, sprinkle with pickles, stir a little, and serve.

HOTOTAY

1 chicken
1 pahui
1 slice pork
1/4 kilo ham
20 water chestnuts
3 Canton sausages
8 fresh shrimps, skinned
1 chicken egg
Celery, chopped fine
1 stem Baguio pechay
1 patola
Little powdered pepper
Some onion leaves, cut very fine

Scald clean the pahui. Boil with 4 liters of water.

Separate the chicken brisket from chicken and put in pahui after having boiled. Cut fine the chicken brisket. When water is reduced down to one half remove and pass though a colander. Chop the pahui and ham of the same size as the chopped chicken brisket. Pass the pork through a grinder together with the shrimp. Put egg and put little flour, powdered pepper, celery, onion leaves, cut very fine. Season with salt. Make into balls and drop into boiling broth. Peel the water chestnuts and add. Soak the mushroom in water and cut out the stem. Wash, squeeze and add. Hen cooked, add patola and the chopped chicken brisket. Remove at once as one boil is enough. Put in a big bowl ready to service. Put Canton sausage sliced very thin on top.

KEK KIAM
(Fried Pork & Shrimps)

1 cup ground pork
1 cup ground pork fat
1 cup ground shrimps
4 eggs, well beaten
1/2 cup green onion leaves, chopped fine
1/2 cupflour
3/4 tablespoon salt

Mix the above ingredients and wrap in a piece of omentum (unto sin sal) to form a cylinder about 1-1/2 inches in diameter. Cook this by steaming for 30 minutes. Cool, and slice crosswise to the thickness desired and fry in hot lard until brown.

Serve with vinegar to which has been added the chopped onions, a small amount of salt, a pinch of pepper, and a small amount of sugar.

SOTANGHON

6 bundles, fine sotanghon, soaked in water
1/2 plateful, fresh shrimps, skinned and crush the head and squeeze through a sieve
1/2 cup water
1/2 plateful pork, boiled and cut into small pieces
50 centavos worth dried mushrooms, soaked in water
1/2 spoon lard
Pepper and onion leaves

Put frying pan on the fire and put shortening oil and when very hot fry garlic, then add onion, and follow with pork. Pour little patis and cook sotanghon for a few minutes; add shrimps extract, dry mushrooms and when cooked sprinkle with pepper and onion leaves. Serve.

SUKIYAKI
(Chinese Style)

3 native chicken
1/2 pound fresh or dried mushrooms
1 dozen young green onion
Rice for 12 people
1 pound fresh string beans
1 bamboo shoot
1/2 large green peas (in pods)
6 large onions (sliced)
Chinese soy sauce to season
1/2 teaspoonful sugar (even)
4 eggs

Clean the chicken in the usual way. Skin, bone, and remove all the fat. Set the fat aside in a separate dish (be sure to get all the fat). Put the chicken meat into one and a half inch cubes; clean all the vegetables by washing thoroughly; cut the cabbage into squares of about two by two inches and keep in a separate dish; cut the string beans, green peas, young green onion, and mushrooms in halves; slice the bamboo and large onions, then cut into halves. Keep all these vegetables in separate dishes. Now place a large frying pan over a not too flaming gas fire, throw in the chicken fat, and when well rendered (be careful not to burn it) add the chicken. When this is nicely browned, add the cabbage, then the sliced onions, then the bamboo shoots then the mushrooms, then the green onions, peas, and beans, adding from time to time a little soy sauce to suit the taste. About the middle of the cooking add the sugar. Cook slowly, stirring very frequently until the vegetables are tender. Do not add salt.

SALADS

Accepted in Filipino Homes

BANANA AND PEANUT SALAD

Nice firm banana
White of egg
Peanut
Lettuce
Mayonnaise
Above as desired

Peel as many nice, firm, ripe bananas as there are people to be serve. Cut each banana lengthwise, then crosswise, dip each piece in white of egg, then roll in chopped crisp peanut. Place one or two fresh clean lettuce leaves on serving plate and on it arrange the rolled bananas in position resembling a pyramid. Serve.

CABBAGE AND COCONUT SALAD

1/2 head medium size Cabbage
1/2 Shredded fresh coconut
2 Green pepper
1 tablespoonful—Salt
1 teaspoon—Pepper
1 teaspoonful—Sugar
Cream French dressing
quantity necessary

Shave the cabbage fine, add the shredded coconut. Chop the pepper fine, add the salt, pepper and sugar. Mix all together in a salad bowl with the cream French dressing. Fill green pepper with the mixture, garnish with the dressing, green pepper and pimientos cut in fancy shapes. Place on lettuce leaves and serve cold.

CABBAGE SALAD

1 head cabbage
2 eggs
1 teaspoon mustard
2 tomatoes
1/2 cup sugar
1/2 cup vinegar
Salt and pepper

Take firm head of cabbage, cut fine, add chopped fine hardboiled eggs, vinegar, sugar, mustard, and salt pepper to taste. Mix well. Garnish with sliced tomatoes.

CHICKEN SALAD

1 large chicken
6 eggs
1 cup green celery
1/2 cup pickles
1 tablespoon mustard
1 teaspoon pepper

Boil chicken in salt water; when cold, skin, take bones out and chop meat fine. Hard-boil the eggs, cut celery in small pieces (tender, white cabbage, shredded, will do if no celery) chop pickles, add mustard and pepper. Mix thoroughly.

ASPARAGUS A LA KING

2/3 Cup Mayonnaise
4 lbs. flour
2 cups milk
1 teaspoon salt
1/2 teaspoon pepper
2 cups sliced mushrooms
1½ cups diced ham
1/4 cup pimiento, coarsely chopped
1 cup thinly sliced celery
3 cups cooked asparagus (1½ lbs. fresh or 2 packages frozen)
Toasted bread triangle

Combine Mayonnaise with flour. Add milk gradually and stir until smooth. Add seasonings, mushrooms, ham, pimiento and celery. Cook in top of double boiler 20 minutes or until sauce thickens and mushrooms are tender. Stir occasionally. Cut cooked asparagus in 1-inch pieces and add to sauce, heat thoroughly. Line individual casseroles with toast triangle. Fill with asparagus a la King. Yield 6 servings.

ENSALADA DE HABICHUELAS

2 platefuls green kidney beans
3 potatoes
3 chicken eggs
Vinegar
1 Bermuda onion
1/2 cabbage
3 ripe tomatoes
Aceite de Oliva

Cut off the ends of the kidney beans. Boil the kidney beans and potatoes. Scald the cabbage. Cut the potatoes into small squares. Mash the yolk of eggs and put aceite de Oliva and whip. Slice the tomatoes and onions into small pieces. Put all in the salad plate and pour the yolk, seasoned with vinegar. Put in an ice box.

ENSALADA DE VINAGRE

2 carrots
2 cabbages
1 plateful green kidney beans
3 potatoes
4 apples
4 tomatoes
2 Bermuda onions
1/2 cup sweet pepinillos
6 boiled eggs
1 cup boiled shrimps, skinned
1 canned peas
1½ spoonfuls olive oil
"Vinagre de Yema" to taste

Scald the cabbage and green kidney beans. Remove and put potatoes, carrots, and when done cut into small equal pieces. Put in a big bowl for salads and add peas, apples, pepinillos, onions, tomatoes, Mix and season with vinegar, salt. Separate the yolk of the eggs from the white and slice white very fine. Add the yolk to the olive oil and beat, the same as in making mayyonaise. Then add chopped white of eggs. Pour on top of vegetables and serve.

FISH-GUAVA SALAD

1 cup flaked fish
1 orange
3 bananas
25 ripe guavas
1 teaspoon salt
1/4 cup coconut cream

Boil the fish in a small quantity of water, salt, and pepper. Drain and flake.

Peel 10 guavas, open, remove the seeds, and cut in small pieces. Peel the orange, divide into sections, and peel each section. Cut the bananas in small pieces. Mix the flaked fish and the sliced fruits. Add the coconut cream and chill.

Cut the tops from 15 large, ripe guavas. Remove the seeds. Fill the guavas with the chilled mixture, replace the tops and serve while cold.

(Bangos, dalagang bukid, navajita, and other inexpensive fishes may be used.)

FISH SALAD

Remove bones from 1 pound salmon, pick the fish into flakes and set away in cold place. When about to serve, chop celery stalks to 1 cup amount and add to the fish. Arrange crisp white leaves of lettuce in cup shapes on a platter and lay one cupful of the mixture in each cup and pour over in one spoonful of mayonnaise.

FISH-PINEAPPLE SALAD

1 cup flaked bangus
1 apple, cut into small cubes
2 mandarins, divided into sections and peeled
1 cup pineapple, cut into small cubes
3 bananas cut in small pieces
1/2 cup coconut cream
3 tablespoons sweet pickles
3 tablespoons minced pili nuts
1 teaspoon salt

Cut a pineapple crosswise 2 inches from the top. Remove all the meat, taking care not to break the skin.

Cook the bangus in a small amount of water, salt and 1 cup sliced pineapple.

Drain, flake, and remove all bones. Add the mandarin, banana, pineapple, and coconut cream, and mix well.

Fill the pineapple with the mixture and replace the top. Chill before serving.

FISH VEGETABLE SALAD

1½ cups flaked fish, previously boiled in a small amount of water with pepper and salt
2 cups grated papaya, worked with salt, mashed, and pressed to eliminate the excess water and salt
1 cup boiled string beans, cut in thin slices
2 tablespoons minced onion
2 tablespoon chopped sweet green pepper
2 tablespoons chopped green onions
3 tablespoons minced carrots
3 tablespoons sugar beets in small cubes
12 tablespoons mayonnaise dressing
1 teaspoon mustard
1 teaspoon salt
Juice of 1 lemon

Mix the mustard, mayonnaise, salt, and lemon juice. Add the minced vegetables and chill. Serve on lettuce leaves. (Any fish may be used.)

FROZEN FRUIT SALAD

1/2 Can—Canned Pineapple
1/2 Can—Canned Cherries
1/2 Can—Canned Peaches
1/2 Can—Canned Pears
1 Orange
1/2 Lemon—Lemon juice
1/4 Grape Fruit
1 cupful—Mayonnaise
1 cup—Whipped Cream

Dice the fruits. Mix fruits, lemon juice, mayonnaise and cream together. Freeze in an ice cream freezer, turning the crank slowly. Pack the frozen mixture into molds and let stand for an hour in ice and salt. Cut into slices and serve with fresh mint or lettuce leaves and French dressing.

FRUIT SALAD

1 can or fresh melocoton, cut
2 canned cherries, white and red
1 canned pineapple, or fresh chopped
1 can lichias
4 spoonfuls nestle's cream
1 kilo grapes
6 peeled apples, chopped
2 lime fruits
1 cup wine
Refine sugar to taste

Cut the pineapples to size of cherries and also the melocoton and apples. Take out the seeds and peelings and mix. Season with sugar, lime juice, vino, nestles cream. Stir and season to taste. Put in an ice cream freezer, put ice and salt and turn as in making ice cream. Take out the mixer inside the freezer as it needs stirring only ocasionally.

FRUIT SALAD

1 Orange (large)
1 Apple
1/2 Papaya (ripe)
1 mango (ripe)
2 slice pineapple.

Cut the fruits into dice, mix all together, chill and serve with mayonnaise dressing. Sprinkle chopped walnuts on top. Canned Pineapple and mango may be use instead of fresh fruit.

HAM SALAD POTPOURRI

2 cups cubed cooked ham
1/2 cup celery cresents
2 cups cooked elbow macaroni
1/4 cup sliced pimiento
Salt and pepper
3 hard cooked eggs
3 tomatoes
Lettuce cups
Radish roses
Mayonnaise

Mix ham with celery crescents; macaroni with pimiento. Season with salt and pepper; and cut eggs and tomatoes and eggs, respectively. Top each with generous spoonful of Mayonnaise. Garnish platter with radish roses. Or mix ham, celery crescents, macaroni, pimiento, eggs and tomatoes together. Season with salt and pepper. Moisten with mayonnaise and pile in salted bowl lined with greens.

HEARTY MEAT SALAD

1 cup chopped celery
1½ cupshredded carrots
1 green pepper, chopped
2 cups cubed pork
2 cups cubed pork
1/4 teaspoon pepper
-½ cups diced apples
1 cup cooked peas
1 cup mayonnaise
1/2 teaspoon salt

Combine ingredients and mix thoroughly. Chill for 15 minutes. Serve in lettuce leaf cups or giant tomatoes, scooped and chilled.

LANZONES SALAD

Lanzones
Raisin
English walnuts
Apples (dice)
Mayonnaise quantity desired

Tear the Lanzones into section, being very careful not to get any bitter section with the large stone. Add as many raisins, walnuts, and piece of diced apples as desired, and chill a little. Serve with mayonnaise.

MELON SALAD SUPREME

2 small cantaloupe or honeydew melons
1/2 small watermelon
4 fresh or canned pear halves
1/4 cup lemon juice
1/2 pint blueberries
2 large oranges, peeled and sliced
Chicory
Mayonnaise

Cut cantaloupe in half, remove pulpy center. Scoop out melon balls using a melon ball cutter or spoon. Cut watermelon half into quarters, remove seeds. Cut lengthwise into melon sticks. Sprinkle melon balls, sticks and pear halves with lemon juice. Wash blueberries well. Arrange fruit attractively on chilled bed of chicory in large salad bowl. Place a bowl of mayonnaise in center.

PINEAPPLE CHEESE SALAD

Slice pineapple
Lettuce
Cream cheese
Pimiento
French dressing quantity desired

Put a slice of pineapple on a lettuce leaf for each serving. Place a ball of cream cheese on the pineapple. Garnish with pimiento, cover with French dressing and serve with crackers.

RUSSIAN SALAD

1 chicken half
1 cabbage, boiled and cut to pieces
4 apples, peeled, chopped
1 canned peas
2 carrots, boiled and sliced
6 potatoes, boiled and sliced
3 Bermuda onions, chopped
Green kidney beans boiled and cut to pieces
Morton pickles, cut to pieces
3 beets, boiled and cut to pieces
Castile oil
1 teaspoonful lime juice
Vinegar, salt
6 chicken eggs for mayonaise

After dressing the chicken boil it and when tender remove and separate meat from bones. Boil cabbage, potatoes, carrots, kidney beans, nuts and cut in cubes. Put in a big bowl and add all other ingredients; season with salt and vinegar and mayonnaise. Put in an ice box and when about to serve garnish with lettuce leaves and asparagus.

RIBBON SANDWICH SALAD

2 packages lime flavored gelatin
2 tablespoons lemon juice
2 medium-sized bananas
1/4 cup crushed drained pineapple
1/2 cup chopped ripe olives
1/4 teaspoon salt, salad greens

Prepare gelatin according to directions on package and stir in lemon juice. Pour half into 9 x 9 x 2 inch pan and chill until firm. Mash bananas and combine with pineapple, olives, and salt. Spread over firm gelatin layer. Top with remaining gelatin. Chill until firm. Cut into squares and serve on salad greens. Makes 8 servings.

SHRIMP AND TOMATO SALAD

1 large can—Canned shrimp (or fresh one equivalent to one can)
2 Ripe Tomato (Large)
1 Onion chopped
Salt and pepper to taste
Parsley—enough to garnish
French dressing—quantity desired

If fresh shrimps are used, boil them first in salted water. In either case (whether fresh or canned), pull the shrimp apart; scald and skin the tomatoes and cut

into cubes; chop the onion fine. Arrange shrimp, tomato, and onion on salad plate, pour French dressing over the whole, and garnish with parsley. Serve very cold immediately after chilling.

SHRIMP-PINEAPPLE SALAD

Boil 1-1/2 cups of shrimps in 1/2 cup of water and 1/ teaspoon of salt. Remove the skin and cut fine.

Cut 6 pieces of canned pineapple in small pieces. Add 1 cup of sliced shrimps and 6 tablespoons of mayonnaise, and chill the mixture.

Place the mixture on a platter and smooth with a spoon. Garnish by placing 2 whole round pieces of canned pineapple on top. Place 1 medium-sized shrimp between the slices of pineapple. With the cake decorator tubes squeeze different-colored mayonnaise around the pieces of pineapple to give them the appearance of butterfly wings.

TOMATO AND MOLDED-EGG SALAD

6 eggs
1/8 teaspoon pepper
Lettuce
2/3 cup mayonnaise
1/2 teaspoon salt
3 large tomatoes, skinned sliced

Hard-cook eggs; cool slightly; while still warm, shell and dice or sieve them. Add salt and pepper, and pack down firmly into 2 glasses. Chill thoroughly; then remove by running knife around inside of glasses. Then cut each molded-egg mixture into 4 neat crosswise slices. Put two tomato slices on each nest of lettuce; place 2 slices of egg on top. Top the mayonnaise of French dressing. Serves 5. Serve with toasted cheese, sandwiches, chocolate-milk drink.

TOMATO-SURPRISE SALAD

6 tomatoes
1/2 cup diced celery
1/4 cup chopped nuts
1/2 cup diced cucumber
3/4 cup diced cook chicken
2 tablesspoons mayonnaise

Scald tomatoes, remove skins scoop out seeds and chill. Just before serving, toss other ingredients together, fill tomatoes and serve garnished with mayonnaise and chopped nuts. Best for budget suppers.

STUFF TOMATO SALAD

6 scooped ripe tomatoes
1 cup "sincamas", diced
1/2 cup cooked shrimps, diced

Chill the tomatoes and cut a slice from the top of each one. Scoop pulp with a teaspoon.

Combine the removed pulp of the tomatoes, "sincamas" and shrimps. Add 3 tablespoons French Dressing and fill the tomato shells with the mixture. Serve on lettuce leaves. Serve cold.

STUFFED GREEN-PEPPER AND EGG SALAD

3 medium-size green pepper
3 shelled, hard-cooked eggs
1 medium-size sour pickle
Lettuce
1/2 lb. cream cheese
1/4 lb. pecan or walnut meats
1/3 cup mayonnaise or French dressing

Wash peppers; cut off tops, and remove seeds. Meanwhile, cream cheese with fork until smooth. Put eggs, nuts, and pickle through food chopper, using fine blade. Add to cheese with mayonnaise and combine thoroughly to make a thick paste. Pack peppers with this mixture and chill several hours or overnight. Slice peppers crosswise into 1/4 inch slices, and arrange 2 or 3 slices, overlapping on each serving of lettuce. Serve with mayonnaise or French dressing. Serves 4 or 5. Serve with cream-of-tomato soup, whole-wheat-toast triangles, fresh fruit, chocolate cookies, and milk or tea.

STUFFED CELERY SALAD

1/2 cup creamy cottage
1 teaspoon minced onion
2 tablespoon Mayonnaise
6 celery stalks
Chili powder
Salad greens
French Dressing

Combine cottage cheese with onion, Mayonnaise and season with salt and pepper. Stuff celery stalks with cottage cheese mixture and sprinkle with chili powder. Tear salad greens into bite size pieces; arrange in salad bowls. Cut stuffed celery in pieces about 1 inch long and tuck in salad greens. Serve with French dressing.

SANDWICHES for IN-BETWEEN

CHEESE MAYONNAISE SANDWICH

2 hard-boiled egg yolks
1/3 pound cheese
1/2 teaspoon pepper
1 teaspoon melted butter
1/2 teaspoon salt
1 tablespoon vinegar

Rub the egg-yolks and butter together until they make a smooth paste, then add the grated cheese, salt, pepper and mustard, mixing thoroughly. Stir in the vinegar and spread between buttered slices of bread, crackers or pieces of oatcake.

CHICKEN LIVER SANDWICH

1 cup cooked chicken livers
Salt and pepper
2 tablespoons sliced truffles
2 tablespoons chopped crisp bacon
1 tablespoon lemon juice
4 drops tobasco sauce
4 stalks celery, minced

Mash the chicken livers, add the chopped bacon, salt, pepper and tabasco sauce, lemon juice and sliced truffles. Use between slices of bread spread with creamed butter or margarinne mixed with minced celery.

EGG SANDWICH

4 Hard boiled eggs
1 tablesspoonful — Mayonnaise
Pepper and Salt—To taste
Slices of buttered bread—number required

Peel the egg and chopped the whites very fine. Grate the yolk and mix with the whites. Add salt and pepper and moisten with Mayonnaise. Spread the mixture between slices of buttered bread.

FLAKED FISH SANDWICH

1 cup flaked fish
2 tablespoons chopped cucumber pickles
Salt and pepper
2 tablespoons chopped celery
1/4 cup thick mayonnaise
1 tablespoon Worcestershire sauce

Delicious and appetizing sandwich fillings are made by mixing these ingredients. Season to taste with salt and pepper and spread between slices of toast bread.

RUSSIAN SANDWICH

Hard-boiled eggs
salt
paprika
pepper
pickles

Slice the eggs and lay the slices between thin buttered slices of bread. Season to taste with salt, pepper and paprika and add a layer of chopped pickles. These are good for lunches or picnics.

PEANUT BUTTER OR PEANUT SANDWICH FILING

2 cups roasted peanut ground fine
1 cup milk or water
1/2 tablespoon water
1 tablespoon butter or other fat
1 tablespoon flour
1 egg
1 tablespoon sugar
1/4 cup vinegar
Red pepper

Heat milk. In the meanwhile mix flour with water, add eggs, salt and sugar. To this mixture stir in the heated milk. Cook five minutes, stirring constantly. Then add butter, vinegar, red pepper and ground peanuts. Spread on bread.

PIMIENTO AND ANCHOVY SANDWICH

3/4 cup pimiento
1/2 teaspoon tabasco sauce
1/4 cup anchovy paste
Butter or margarine
1 tablespoon lemon juice
Salt and pepper

Rub pimientos to a paste with creamed butter or margarine and season with pepper and salt, tabasco sauce, lemon juice, anchovy paste and salt. Spread between thin buttered slices of bread.

DESSERT

APPLE DESSERT

1/2 pound vanilla wafers
1 can condensed milk
3 eggs
1/2 cup water or fruit juice
3 or 4 large apples peeled and sliced
4 tablespoons melted shortening

Butter a baking dish with shortening and line with vanilla wafers. Cover with a layer of sliced apples, repeat until all are used. Blend milk, eggs and melted shortening with water; pour over the apples. Cover. Bake at 350°F. for half and hour. Uncover and bake 10 minutes longer.

ATES ICE CREAM

3 ripes ates
1/2 cupful sugar
1 pint milk

Remove seeds from ates. Scald the milk and add sugar. When cold, strain and add fruit. Freeze and serve.

BANANA ICE CREAM

6 large ones—Bananas
1/4 pound—Sugar
1/2 pint can—Condensed Milk
1/2 cupful—water
1 Lemon (juice)

Press the bananas through a sieve and add the lemon juice and sugar. Stand aside a half hour, add milk and water, stir until the sugar dissolved; then freeze, but freeze slowly and repack for one hour.

BICO (Coconut Rice Pudding)

2 cups cream of coconut
1/2 cup or more brown sugar
1 cup rice
1/2 teaspoon salt
1/4 teaspoon anise or vanilla extract

Mix well 1/2 cup cream of coconut and 1/4 cup sugar. Wash rice well. Drain and add remaining coconut milk and sugar to it.

Add salt and cook over a slow fire until rice is half cooked. Add the cream of coconut and sugar mixture. Cook until soft. Add flavoring and serve hot.

COCONUT CAKE

2 cups cake flour
2½ teaspoons baking soda
1/2 teaspoon salt
2/5 cup Purico
1 cup sugar
3 eggs
1 teaspoon vanilla
Moist shredded coconut
1 cup chopped coconut
2/3 cup milk

Measure sifted flour, add baking powder and salt; and sift again. Cream sugar and Purico together until light and fluffy. Beat eggs till lemon colored, add to creamed Purico and sugar, beating well together. Add vanilla and coconut. Put in dry ingredients alternately with milk. Stir only enough after each addition to blend well, but do not beat.

Bake in moderate oven 375°F 20 to 25 minutes. When cool, frost and sprinkle with toasted coconut.

COCONUT CAMOTE PIE

1 cup shredded coconut
1½ cups mashed camote or sweet potato
3/4 cup evaporated milk
3/4 cup sugar
1/2 teaspoon cinamon
1/2 teaspoon allspice
1/2 cup water
2 tablespoons melted butter
2 eggs, slightly beaten

Mix ingredients and pour into an unbaked pie shell. Bake in hot oven 400°F. for 15 minutes then reduce heat 350°F. and bake until firm about 30 minutes longer.

COCONUT CANDY

1 cup freshly grated coconut
1/2 cup milk
1 cup sugar
1/2 cup molasses

Moisten coconut with part of the milk.

Put the rest of the milk and molasses in a pan and allow the mixture to come to a boil. Add sugar and, when nearly done, add coconut.

Cook until a little of the mixture hardens when dropped into cold water. Pour into buttered pan. Let dry. Wrapped in paper.

COCONUT ICE CREAM

1 Coconut (grated)
4 tablespoonful—Sugar
1/2 can—Cream (evaporated)
a little water (cold)
2 tablespoonful—Boiling Water

To the sugar add a little water and boil to a syrup. To the grated coconut add two tablespoonful of boiling water and press through a wire sieve; then add the syrup and the halfcan of evaporated cream.

CORN FRITTERS

3 eggs, separated
1/2 teaspoon salt
1/8 teaspoon pepper
6 tablespoon, salad oil or fat
1-2/3 c. cooked or canned whole grain corn
1/4 c. sifted all-purposes flour

Beat egg yolks until light, then add the corn, seasonings and flour. Fold in stiffly beaten egg white. Drop by spoonfuls into hot fat in a skillet. Cook on both sides until brown and well done. Will serve six.

PALITAO

2 (grated meat)—Coconut
1/2 cupful—Water of coconut
3 eggs (yolk of)
2 Eggs (white of)
2½ cupfuls—Sugar
1 teaspoonful—Vanilla
1/4 cupful—Water

Add the water from the coconut to the grated meat; then add the beat yolks of the egg, two cupfuls of the sugar and vanilla. Bake ten or fifteen minutes. Boil one quarter of a cupful of water and the remaining half cupful of sugar together until it spins a thread. Then add the well beaten white of the eggs as a *meringue*. Cover the top of the pudding with this, place in the oven and brown.

PALITAO

Malagkit (grind)
Coconut (shredded)
Linga (toasted)
Sugar

Wash malagkit; soak for 3 hours; grind and put in a strong, clean cloth bag to drain off the water. When well-drained, mold the mixture into small tongue like shapes. Drop them in a deep pan of boiling water. When they float, remove them and drop in cold water for a while. Drain, then roll in shredded coconut. Serve with sugar and toasted linga.

MAJA BLANCA

2 cups rice
5 cups coconut milk
1 cup white sugar
1 teaspoon toasted "anis" (Foenicolum vulgari)
4 tablespoons "latik"

Wash rice and soak in 2 cups water overnight. Grind and strain through a coarse cheesecloth.

Mix the galapong, coconut milk and sugar. Cook stirring constantly to avoid burning. When thick like paste, drop anis (toasted) and mix well. Pour into a greased plate or platter or small individual plates. When cool serve with "latik".

Latik—Boil in a saucepan pure milk of one coconut until oil is extracted and cheeselike precipitate becomes delicate brown in color. This delicate brown precipitate is the latik. Drain off the oil from the latik.

FRESH COCONUT ICE CREAM WITH VANILLA

3 coconut (grated meat)
1/2 pint—Boiling hot water
2 teacupful—Sugar
1 tablespoonful—Vanilla

Grate the coconut and pour boiling hot water over the meat,then strain, squeeze, add sugar, vanilla and freeze. When coconut are very large, use less meat and more water or, if every rich cream is desired, use less water and more meat of the coconut.

FRITONG CAMOTE (Sweet Potato Chips)

2½ cups thinly sliced sweet potatoes
1 quart oil or fat for frying
Confectioners' sugar

Soak potatoes in cold water for 15 minutes. Drain thoroughly. Fry in deep fat at (350F.) until the potatoes are a delicate brown. Drain on absorbent paper. Dust with confectioners' sugar. Serve for tea, with a salad, or the main course of the meal.

GINGER ICE CREAM

1 teaspoon gelatin
1 cup hot water
1 tablespoon sugar
1 cup chopped ginger
4 tablespoons ginger syrup (or other syrup)
3 cups cream whipped

Dissolve gelatin in a little cold water, then add water. Cool. Add to cream with other ingredients. Pour into freezer. Freeze.

LEMON PUDDINGS

1/4 teaspoon salt
1/2 cup granulated sugar
2 tablespoons lemon juice
2 tablespoons melted butter or fortified margarine
2 eggs separated
1 tablespoon grated lemon rind
1/2 cup granulated sugar
3 tablespoons flour
1 cup milk

Add salt to egg whites; beat quite stiff. Gradually beat in 1/2 cup sugar, while beating stiff; set aside. With same beater, beat egg yolks with lemon rind, juice, and butter. Stir in 1/2 cup sugar mixed with flour. Add milk. Fold in beaten whites. Pour into 6 large cups. Set in pan containing 1/2" hot water. Bake in moderate oven, 350°F.,

50 to 60 minutes. When done, there will be a cakelike topping above a layer of lemon custard. Cool and chill. Turn out to serve. Serve as is or with whipped cream. Makes 6 servings.

LECHE PLAN I (Custard)

2 cups sugar
12 egg yolks
1½ cups milk
1 teaspoon lemon extract or grated lemon peel

Make syrup of 1/2 cup sugar in a boiler. Mix egg yolks, sugar, milk, (condensed or fresh) and flavoring. Add to syrup. Stir until well mixed. Cook 2 hours in a double boiler. Turn into a mold. Serve cold.

LECHE PLAN II (Custard)

1/2 cup brown sugar
2 cups milk
3/4 cup sugar
6 egg yolks, beaten

Make a syrup of the brown sugar and line the mold. Scald milk and cook slightly. Add to eggs with sugar. Stir well. Pour into sugar-lined mold and bake until firm.

LIME JELLY

3½ cups sugar
1 cup lime juice
Green food coloring
1¾ cups light corn syrup
2 cups water
1 pkg. powdered fruit pectin

Measure sugar and set aside until needed. Combine lime juice and water in a 4 quart saucepan. Place over high heat, add coloring to give desired shade and powdered fruit pectin; mix well with a wooden spoon, continue stirring until mixture comes to a hard boil. Immediately pour sugar; stirring constantly, bring to a full rolling boil and boil hard 1/2 minute by the clock. Remove from heat, skim off foam. Pour immediately into sterilized glasses and cover at once with melted paraffin. Makes about 6 6-ounce glasses.

Note: To extract juice for jellies, place fruit in several thicknesses of fine cheesecloth (about a yard square) spread over colander set large saucepan. Bring corners together and twist. Then press out juice with large spoon or potato masher. When very clear jelly is desired, let fruit drip through cloth without squeezing; double amount of fruit will be needed.

MAKAPUNO ICE CREAM

3 egg yolks
1 quart milk
2 cupfuls water (cold)
1/2 Makapuno
1 egg white
2 cupfuls sugar
Boiling water amount required

Beat the egg yolks and white of egg together until thick and orange-colored. Scald the milk and pour slowly

Beat the yolks and white of egg together until sugar and cold water, then pour onto the first mixture and strain. Set aside to cool. Take the coconut and scrape out the meat with a fine metal scraper. Place meat in a bowl and pour over boiling water, stirring well to remove all the oil. Turn into a colander and press out all the water, then mix the shredded coconut meat with the milk, egg, and syrup mixture. Freeze and serve.

MAKAPUNO PRESERVE

1 Makapuno
1 cupful water
2 cupfuls sugar

Take out the meat of the nut and mold it into small pieces the shape of a marble. When the meat is all molded, drop it into one cupful of boiling water. Let it stand a minute or two, then strain off the water. Boil sugar with a cupful of fresh water to a thin syrup. Put in the molded coconut meat. Boil slowly for six minutes. Remove from the fire and let stand overnight. Serve cool.

BUKAYO (Coconut Dessert)

2 cups sugar
1/2 cup water
4 cups finely shredded coconut
1/2 teaspoon anise or vanilla

Mix water and sugar. Boil until the syrup forms a soft ball in cold water (236°F.)

Add coconut and cook slowly for 2 minutes until the coconut becomes transparent.

Cool. Add flavoring and serve cold.

MANGO ICE CREAM

1 large ripe mango
3 yolks of eggs
1/2 cupful sugar
1 pint milk
1 white of egg
1/2 teaspoonful vanilla

Scald the milk and pour over the beaten eggs mixed with the sugar. Return to the fire, stirring constantly for ten minutes, taking care that the custard does not boil. Peel the mango, cut in small pieces and rinse in cold water. Drain off the water and when the custard is cold, mix it with the mango, flavor with vanilla and freeze.

PINEAPPLE CREAM PRESERVE

12 ripe Pineapples
Juice from 1 lemon
3 cupfuls sugar
Water as required

Mix the sugar and pineapple juice, strain and place in a glass or earthen jar six inches in diameter. Cover and leave in the open air exposed to the sun and rain for twenty-one days. During the period, care must be taken that the jar is in a steady place, as the least jolt will spoil the process and it may have to be repeated for another three weeks. On the twenty-first day, a thick jelly-like coating of the pineapple will be found on the surface of the mixture. Remove this jelly and rinse thoroughly with water in which two slices of lemon have been added to bleach the jelly. Leave the jelly soaking in this water all the morning, change in the afternoon with another two slices of lemon and let remain overnight. Repeat the process for three days at the end of which boil the jelly with the last rinsing. Then make a thick syrup with four cupfuls of sugar and one quart of water, add the jelly and boil again for about half an hour to allow the jelly to absorb the syrup. Cool and place in preserve jars tightly closed.

To the remaining pineapple juice add one cupful of sugar; strain, stir, and allow to set again for another twenty-one days, and the same result may be obtained.

PINEAPPLE DESSERT

2 cans—pineapple
3 packages—cream cheese
1 tablespoon—light cream
3 teaspoons orange and salt
1 teaspoon sugar
Fresh strawberries

Drain the pineapples slices from 2 cans sliced pineapple. Chill them. Cream together 3 packages cream cheese with 1 tablespoon light cream and 2 tablespoons of the canned pineapple syrup until light and creamy. Add a pinch of salt, 2-1/2 teaspoon grated orange rind and 1 teaspoon sugar. Spread 8 slices of the pineapple with the cream-cheese mixture. Then cover each with another pineapple slice. Serve with sugared sliced strawberries. Garnish with mint, if available.

PINIPIG ICE CREAM

1 cupful pinipig
4 cupfuls milk
1 cupful sugar

Soak the pinipig in one-fourth of the milk for about half an hour. Scald the rest of the milk and pour slowly onto the pinipig. Return to the fire, add sugar, and let boil for five minutes. After cooling, freeze.

PINEAPPLE PUDDING

3 cupful—milk
1 can sliced pineapple—
Pineapple syrup
½ cupful—water
1 teaspoonful—butter
from ½ lemon juice
1 cupful—sugar
½ cupful—cornstarch
½ teaspoon—salt
½ can—canned pineapple
3—eggs white
Whipped cream—as needed

Heat the milk with syrup from one can sliced pineapple; mix the sugar, cornstarch and salt with the water and add to the milk; add the butter and cook until thickened, then remove from the fire. Add the lemon juice and one-half can of pineapple cut in crushes. Fold in the stiffly beaten whites of the eggs and turn into a mold. When firm, take from the mold and garnish with the remaining half can of pineapple and whipped cream. This will serve eight people.

PINEAPPLE RICE PUDDING

½ cup rice
1 cup of crushed pineapple
2 eggs
½ cup light brown sugar
3 cups fresh milk or 1-½ cups evaporated milk diluted one to one
½ teaspoon salt

Wash rice and let stand in lukewarm water from one-half to one hour. Drain, put in the top of double boiler with the milk or diluted evaporated milk. Add salt and let cook until the rice is tender. Add sugar, beaten egg yolks, and grated pineapple, as it comes from the can including the sugar to paste consistency. Beat egg whites until stiff. Pour into rice-pineapple mixture. Pour into a greased baking dish and bake about 30 minutes in slow oven, about 300 degress. Good for 4 persons. Serve warm with cream, if you have it, or top milk.

PINEAPPLE SHERBET

1 tables gelatin
4 cups water
2 cups sugar
Pinch salt
2 cups greated pineapple
½ lemon
1 egg white, if desired

Soak gelatine in cold water.

Cook sugar and water together 2 or 3 minutes. Add soaked gelatin and dissolve thoroughly.

Add salt and grated pineapple. Pour into refrigerator tray and freeze firm.

Remove fruit mixture to a chilled bowl. Break into small pieces and add the unbeaten egg white. Beat 1 minute until fluffy.

Turn into trays and freeze until firm.

Note: For freezer put all ingredients together and freeze.

MANGO CHUTNEY

4 cups sliced mature green mangoes
1/4 cup ginger root, finely cut into strips
3 segmets garlic, slices
2 small boxes raisins
½ tablespoon salt
4 cups brown sugar
1-½ cups vinegar
1 hot pepper, sliced

Boil the vinegar, salt and brown sugar. Strain through a piece of cheesecloth. Boil it again for about 15 minutes. Add the sliced mango and continue boiling until soft or until the mango slices look transparent. Add the sliced garlic and hot pepper and boil five minutes. Lastly, add the raisins and the ginger. Continue cooking until thick. Pack in well sterilized jars and seal hermatically.

PRESERVED MANGOES

Granulated sugar
Water
Large green mangoes — quantity necessary

The mango should be green enough to be firm but not hard. Wash, pare them and cut the pulp away from the seed, in slices. Make a syrup from the sugar and water in the proportion of two cupfuls of sugar to one cupful of water; boil for five minutes and remove the scum. Drop the slice of mango into the syrup and cook until transparent. Seal in sterilized glass jars.

SHRIMP-AND-CRAB CAKE

1 cup boiled sliced shrimps
1 cup boiled and flaked crabs
2 tablespoones butter
1-½ cups milk
Yolks of 3 eggs
1 tablespoon salt
1 tablespoon chopped parsley
A few pinches pepper
A pinch nutmeg
1 teaspoon flour

Melt the butter in a sauce pan. Add the shrimps, crabs, salt, nutmeg pepper, and parsley, then the milk previously mixed with flour and well-beaten yolks of 3 eggs.

Place in a buttered pan and bake in a moderate oven 25 minutes.

Cool and cut in desired pieces. Fry in hot fal until brown. Serve hot.

SPICED MANGOES

5 cupfuls—Sliced mangeos
4 cupful—Sugar
2 cupful—Vinegar
1 tablespoonful—Cloves
1 tablespoonful—Cinnamon

Peel and slice the mangoes. Tie the spices in a thin, cotton bag; add to the sugar and vinegar and boil until a syrup is formed. Remove the spices, drop the sliced mangoes into the syrup and boil until they assume a waxy appearance. Seal in sterilized jars.

MANGO PASTE OR "PASTILLAS DE MANGA"

Scrape off the pulp from the mangoes using a silver plastic spoon to avoid discoloration. Measure the pulp and add sugar, for every cup of the pulp add 1/2 cup sugar. Boil until very very thick, or until it forms a ball when dropped in a saucer of water.

Transfer the mixture on a clean board sprinkled with refined white sugar, roll 1 centimeter thick and let it cool. When cool, cut to desired pieces. Roll on sugar and wrap in oil paper.

TAPIOCA (SAGO) PUDDING

1 pint milk
2 tablespoons tapioca
2 tablespoons sugar
Pinch salt
2 eggs fresh
butter

Put 1 pint of milk in a saucepan, bring to boil and sprinkle in two tablespoons of tapioca, stirring occasionally and simmering til clear. Add 2 tablespoon of sugar and a pinch of salt. Remove from the fire and, when cool, mix in 2 eggs, well beaten. Pour the mixture into a buttered dish and bake in a moderate oven for about 12 hours.

UBE ICE CREAM

1 ube (midium size)
2 cupfuls sugar
1 quart milk

Wash the ube, cover with water, and let boil until tender, then peel and mash. Scald the milk, add the sugar, and pour slowly into the mashed ube, stirring constantly. When cold, strain and freeze.

"CAMPASAG"

1 Papaya (Green)
10 Bananas (Saba)
3 Sweet Potato (Camote)
1 teaspoon ginger juice
Sugar to toste

Cut papaya, banana and sweet potato into desired shape. Make syrup adding ginger juice. When thick add papaya, bananas and sweet potatoes and continue to boil until fruits are cooked or soft.

4 O'clock MERIENDA

BUNUELOS — SPANISH BISCUITS

3 eggs
3/4 cupful flour
3/4 cupful boiling water
A pinch salt

Boil the water and add flour at once, stirring vigorously. Remove from fire and add unbeaten eggs, one at a time, beating until thoroughly mixed between addition of eggs. Drop by spoonfuls into deep fat which must be kept at a uniform temperature. Serve with any kind of syrup.

CHURROS (Spanish Doughnuts)

1 cupful milk
1 teaspoonful salt
2 cupfuls flour
1 cupful water
½ teaspoonful butter
Cooking oil quantity necessary

Scald the milk with the water, butter, and salt. When the boiling point is reached, pour gradually on the flour, kneading the dough with a wooden mortar. When all the liquid has been worked into the flour, continue kneading for about five minutes. Put in a pastry bag and force through in three-inch lengths into deep oil in which a piece of stale bread has first been browned to remove unpleasant taste of oil. The oil must be kept at a uniform temperature. If too cold, churros will absorb oil; if too hot, they will brown before sufficiently risen. Serve with chocolate or cocoa.

HOT TAMALES

1 cupful toasted rice
5 cupfull water
1 tablespoonful chopped onion
2/3 cupful sugar
1/4 teaspoonful Cayenne pepper
1 cupfull toasted peanuts
Juice of 1 coconut
1 tablespoon salt
A bit garlic (if desired)
½ teaspoonful Paprika
3 sliced hard boild eggs

Scrape coconut meat from shell and squeeze out all the juice with the five cupfuls of water. Wash the rice and brown lightly in the oven, then soak in the coconut juice. Put peanuts in oven until light brown; chop fine and add to first mixture. Grind in stone grinder and strain through cheese cloth. Saute the onion, garlic and salt; strain and pour onto ground rice. Put in saucepan, return to fire, stirring constantly, care being taken that it does not adhere to the bottom of the pan. Add the sugar, paprika,

and pepper, and when mixture boils remove from range. When cold put into individual buttered molds with slice of hard boiled egg and two peanuts at the bottom. Steam over hot water for two hours, and when cold remove from molds for serving.

FRIED PAMPANGO STYLE LUMPIA

2 cups of bean sprout
1 small cabbage, sliced very fine
1 bean cake, cut into small squares, fried
2 potatoes, cut into small squares
1 cup skinned shrimps
10 centavos worth of crushed garlic
50 centavos worth of lumpia wrapper
5 spoonful of lard
½ cup boild pork and chopped fine
Patis to taste

Put frying pan on the stove and pour one spoonful lard. When hot pour garlic and when this is cooked to a golden red, add shrimps. When shrimps are well done, season with patis and add pork. Add the cabbage and potatoes. Cover a few moments after which put the bean cake and sprout. Stir and put cover again and when half cooked, transfer into a plate and wrapped with lumpia wrapper. Fry and when ready to serve prepare lumpia sauce with crushed garlic and little toyo. Sprinkle with pepper.

FRUIT CUSTARD

1-½ tablespoon flour
1/4 cup sugar
1/8 teaspoon salt
1 egg
1 cup milk
1/2 teaspoon vanilia extract
Sliced fruit

In top of double boiler mix flour sugar and salt. Add egg; mix thoroughly. Gradually add milk stirring. Cook over hot water, stirring constantly, until mixture thickens and coats spoon. Add vanilla extract. If desired add 1/2 cup fruit syrup or juice. Pour over fruit. Chill. Serve 4.

GUAVA OATMEAL

1 cup enriched flour
½ teaspoon salt
½ teaspoon soda
½ cup brown sugar
½ cup chopped nuts
1 cup guava pulp
½ cup shortening
1 cup quick cooking oatmeal
1/3 cup sugar
2 teaspoons lemon juice

Sift together flour, salt and soda. Add brown sugar and oatmeal and blend thoroughly. Cut in shortening until mixture is crumbly. Spread half in an oiled baking pan (7 inches by 11 inches). Combine guave pulp, sugar, lemon juice, nuts and spread over the crumb mixture. Top with the remaining crumb mixture. Bake at 350° F. for 40 minutes. Cool in the pan and cut in 11 inch squares. Yield: 35 squares.

MEAT TURNOVERS

EMPANADA—Recipe I

Sift together:
2 cups flour
1 tablespoon baking powder
Add, working in well with a fork
1 tablespoon lard
1 tablespoon butter
Add:
1 egg
1 tablespoon dry wine
½ cup sweetened water

Mix well to make a stiff dough. Turn out on floured board and knead well until smooth, about 5 minutes. Chill in refrigerator about 1 hour. Knead again on floured board, and roll out thin with rolling pin. Cut into 5" circles. Put 1 tablespoon filling in center of each circle and fold one half over the other. Moisten edge inside with water and press firmly together with fork dipped in flour. Fry in deep fat 190° C. (375 F.) about 3 minutes, until brown. Makes 16. For filling, your favorite cooked meat and vegetable combination may be used. Filling should be highly seasoned.

MEAT EMPANADA—Receipe II

½ cup meat, passed through a grinder
1 ear garlic, crushed
Some chopped onion
3 spoonfuls lard
2 spoonfuls grated cheese
1 spoonful butter
2 spoonfuls seedless raisins
2 spoonfuls pease
2 eggs, cooked, sliced
1 teaspoonful flour

Cook meat in lard and garlic and onion. Season with little salt. Cook with lard, add raisin when about to be done add peas. Remove to a plate and add eggs, butter, cheese, flour, and stir with spoon. Make the following paste and add:

Mix these thoroughly. Sprinkle flour on table and spread mixture and knead. Thin it with rolling pin. Sprinkle with flour and roll into cylinder. Cut crosswise one inch long. Knead again each piece, put fillings and fry.

PEANUT SANDWICH FILLING

1 cup milk or water
1 tablespoon flour
½ tablespoon water
1 egg
1 teaspoon salt
1 tablespoon butter or other fat
1/4 cup vinegar
Red pepper
2 cups roasted peanuts groud fine

Heat milk. In the meanwhile mix flour with water, add eggs, salt and sugar. To this mixture stir in the heated milk. Cook five minutes stirring constantly. Then add butter, vinegar, red pepper and ground peanuts.

CRAB-SHRIMP SHORT CAKE

2 cup flour
Yolks of 2 eggs
Milk
½ teaspoon salt
4 tablespoon butter
4 teaspoons baking powder

Boil the shrimps and crabs in a small quantity of water with salt.

Cool, flake the crabs and slice the shrimps.

Fry for 5 minutes 3 tablespoons chopped onions and 1/2 cup each of the flaked crabs and sliced shrimps.

Brown 2 tablespoons of seasoned flour in 2 tablespoons butter. Add gradually 2 cups of milk, stirring constantly. Boil to a thick gravy.

Make tea biscuits according to the following directions:

Sift the flour, baking powder, salt, and sugar, and work in the butter with the tips of the fingers.

Beat the eggs and add enough milk to bring the total volume to 3/4 cup. Add this to the flour mixture and knead very lightly.

Place on a floured board and roll out to 1/2 inch in thickness. Cut with a biscuit cutter and bake for 12 minutes in a hot oven (450°F.) Split the biscuits and fill with the shrimp-crab mixture, place on a platter, and pour the gravy over them just before serving.

PINEAPPLE WAFFLES

1-3/4 cup flour
1 tablespoon sugar
1/2 tablespoon salt
1/2 cup crushed and drained pineapple
3 tablespoon baking powder
2 eggs
3/4 cup milk
4 tablespoon melted shortening

Mix and sift dry ingredients. Add milk to beaten eggs. Combine all ingredients. Pre heat iron and bake.

SABA FRITTERS

1 Cluster saba
Fritter butter
Confectioners sugar

Peel the saba, split in three sprinkle sugar over the pieces and dip each piece in fritter butter before frying in hot deep fat from 2 to 3 minutes each piece.

Serve slighty cold with hot chocolate. Delicious merienda offering for Sunday afternoon visitors.

SPECIAL LUMPIA (Tagalog dish)

1 kilo pork, boiled in 3 cups of water
2 cabbages, cut very fine
1/2 kilo skinned shrimps pound heads in a small mortar
1/2 kilo beans sprouts with ends put away
2 crabs, boiled also pound the shell with shrimps heads
1 peje, boiled in small quantity of water, and separated into small pieces
1 cup grated sitsaron
1/2 cup dried shrimps, submerged in water
100 lumpia wrappers
1/2 kilo green kidney beans
2-1/4 kilos sepobi, soaked in water and cut and drained
1/2 kilo water chestnuts, peeled and cut into pieces
1 cup bamboo shoots, cut about 1/2 inch
1/2 core of coconut tree, cut about 1/ inch long
Bitso
6 bundles kason, separate the stems and roots
10 stems lettuce, with roots out
8 bean cakes, cut small and fried in lard
Five centavos worth of garlic, crushed

Cut all the vegetable ingredients into small pieces and crash shrimps head and crab shell. Extract the juice and pour into the pork and peje broth. Transfer into a big cooking utensil and add shrimps. When boiling add pork and then put crab meat and peje. Season with salt. put more lard, and put all the vegetable components. Continue stirring and when lard begins to come to the surface, this shows that dish is ready for table. Put the lettuce and sprinkle with crushed sitsaron and wrap with lumpia wrapper.

STRAWBERRY SHORTCAKE

1 cup sifted all'purpose flour
1/4 teaspoon baking soda
1/4 teaspoon salt
3 tablespoon sugar
1/4 cup shortening
2 tablespoon vinegar
1/4 cup milk, strawberry whipped cream

Sift flour, baking soda, salt and sugar together into large mixing bowl. Put in shortening. Mix together vinegar and milk. Add and stir lightly. Turn onto floured board and knead lightly. Pat or roll dough 1/2 thick. Cut 4 or 5 biscuits with a 3 or 4 inch cutter. Place on baking sheet. Bake at 450°F. for 12 to 15 minutes. Split shortcakes. Fill and top with strawberries and whipped cream and serve.

SAUCE AND DRESSING FOR MEAT, SALAD, AND FISH

BROWN SAUCE

1 tablespoonful—Butter
1 tablespoonful—Chopped Onion
1 tablespooful—Flour
1 cupful—Beef stock
Salt and pepper—to season

Put the onion and butter in a saucepan and let brown. Add the flour and let brown, stirring all the time. Add the beef stock and stir until thickened. Season with salt and pepper. Recommended for boiled beef, or steak, boiled fish.

CONDENSED MILK SALAD DRESSING

1/4—paprika
1 teaspoon—Salt
1 teaspoon—Mustard
3 pcs.—eggs
1/4 cups—Melted butter
1/2 cups—vinegar
1 can—Condensed milk

Mix paprika, mustard and salt with part of vinegar; add the butter, then the remainder of the vinegar. Follow it up with the well beaten eggs, and lastly the condensed milk, all the while stirring continuously. Beat all together well with eggbeater, then chill. Ready to serve after chilling.

CUCUMBER SAUCE

4 Cucumber (large)
1 medium sized—Onion grated
½ teaspoonful — Salt
1 teaspoonful—Pepper
2 teaspoonful—Vinegar
6 tablespoonful—Cream

Pare and grate the cucumber over a sieve; When drained, turn pulp into a bowl, add onion, pepper, salt and vinegar. Set on ice and just before serving add ice cream (well whipped). Must be serve very cold.

CREAM SALAD DRESSING

4 eggs yolks
4 tablespoons vinegar
4 tablespoon sugar
1 cup whipped cream

Beat yolks until thick, mix sugar in slowly. Add vinegar and cook in double boiler, stirring constantly until thick. Cool and add whipped cream.

CREAM FRENCH DRESSING

4 tablespoonful—Olive oil
2 tablespoonful—vinegar or lemon juice
1 teaspoon—Salt
1/8 teaspoonful—pepper
1/4 teaspoonful—paprika
1/2 cupful—heavy cream fresh or canned

Mix five ingredients together (except cream) in a covered jar until well blended. Beat cream until it thickens, then gradually add the other mixed ingredients. Recommended for boiled fish, fruit and green salads.

DRESSING FOR COLD FISH

(Filipino Style)

1/2 teaspoonful—curry powder
1/2 teaspoonful—Onion and salt
1/4 teaspoonful—pepper
6 tablespoons—olive oil
1 tablespoons—vinegar
1 clove—garlic juice

Mix thoroughly curry powder, onion and salt and pepper. Add oil slowly, then vinegar drop by drop, and lastly the garlic juice. Stir continuously until mixture is homogenous. To serve, spread on the boiled fish. Lapulapu or tanigue is recommendable.

FRENCH DRESSING

1 teaspoonfuls—salt
1/4 teaspoonfuls—paprika
1/4 cupful—lemon juice or vinegar
1/2 cupful—Olive oil
1 teaspoonful—Catsup
1 teaspoonful—Worchestershire sauce
1/4 teaspoonful—Onion extract
1/4 teaspoonful—Celery extract

Either shake well in bottle or beat thoroughly with egg beater. Ingredients must be chilled. Recommended for boiled fish, salad.

MAYONNAISE DRESSING

2 pcs.—yolk of fresh eggs
1/2 teaspoonfuls—Salt
1/2 teaspoonful—pepper
1/4 teaspoonfuls—mustard
4 teaspoonfuls—Vinegar or lemon juice
2 cupfuls—Oil

Beat yolk of eggs, then add salt, pepper, mustard, and vinegar, all the time mixing vigorously; add a teaspoonful of oil, beating well. Follow it up with five more teaspoonfuls of oil one at a time, beating well after each teaspoonful. When the mixture begins to thicken, oil may be added, a tablespoonful at a time, until two cupfuls of oil have been added. If less consistency is desired, beat in four teaspoonfuls of boiling water one at a time, until four teaspoonfuls have been used.

MIXED VEGETABLE SALAD

2 lbs. peas
2 lbs. green string beans
1 small cucumber
4 stalks celery
1 small onion
1/4 cup French dressing
1/2 cup mayonnaise
12 teaspoon mixed herbs

Shell, cook and cool peas quickly running, cold water over them. Drain well. Wash beans, tip and tail and cut slantwise. Cook rapidly just until tender, cool under running water, drain well. Chill vegetables. Just before serving time peel and seed cucumber, then dice quite fine. Slice celery very thin and dice onion. Combine these three ingredients with the two dressings and the herbs. Add to peas and beans and toss lightly. Serve without greens, using carrots sticks. Serves 6-8.

PASTE FOR PIGEON

(Pastel de Paloma)

1/2 kilo flour
2 yoks of eggs
1 cup water
3 pinches salt

Put flour in a basin with yolks of eggs. Put water and milk and knead very thoroughly. Put salt. Spread out on the table with rolling pin. Then cut into forms that resemble the stars. Use this to wrap the pigeons with.

RUSSIAN SALAD DRESSING

1 cupful—Mayonnaise
1/2 cupful—Chili sauce
2 tablespoonfuls—chopped green peppers
2 tablesponfuls—chopped Pimiento
1 tablespoonful—chopped chives (bottled)
2 teaspoonfuls—chopped capers (bottled)

Add in the order enumerated. The addition of 2 table spoonfuls of whipped cream if available, will make it delicious.

SAUCE (SALSA) FOR ROASTED CHICKEN, TURKEY OR LICHON

Pig, Chicken or Turkey liver pass through a grinder
2 spoonfuls shortening oil in powdered pepper
1 cup meat broth
Little soy sauce
Little Perrins sauce
Little flour

Stir the liver in meat broth. Heat the shortening oil in a frying pan and toast the flour, stirring all the time. Pour liver, perrin's sauce, and powdered pepper. When done it resembles sauce commonly use with roasted pig. Add salt if desired.

SAUCE—AGRIO DULCE

2 heaping tablespoonful—Brown sugar
1/4 Bar—Grated chocolate
1 tablespoonful—Shredded candied orange peel
1 tablespoonful—Shredded candied lemon peel
10 Blanched and shredded peanuts or Almonds
1/2 cupful—Currants
1 cupful—Vinegar
2 tablespoonful—water

Mix all of the above ingredients together and let them soak for two hours; then pour over the cooked meat and let simmer for ten minutes. Serve hot. Recommended for pig pata, pig nuckles, fried fish (in which case add one cupful of water.)

SAUCE FOR FISH OR CALF BRAINS

3 ounce—Butter
1 tablespoonful—Capers
1 tablespoonful—vinegar
1/2 teaspoonful—Worcestershire sauce

Melt the butter and brown it nicely, taking care not to burn it. Mix the capers, vinegar, and Worcestershire sauce together in a sauce pan, place the pan over the fire and when it comes to a boil add the melted and browned butter. Serve in a heated sauce bowl.

The capers may be omitted and one tablespoonful of chopped parsley substituted, in which case a little catsup should be used in place of the Worcesthershire sauce.

SAUCE FOR MEAT

1 cupful—Chili sauce
6 large olives
1—1/2 tablespoonful—Butter
1/2 teaspoonful—Paprika
1/8 Cayenne pepper
1/2 teaspoonful—Salt

Remove the stones of the olives and cut the pulp into pieces. Saute in butter for a few minutes. Add seasonings. Heat the chili sauce add to the mixture, and serve hot on steak.

SPANISH SALAD DRESSING

1 teaspoonful—Sugar
1/2 teaspoonful—Salt
1/2 teaspoonful—Dry mustard
1/8 teaspoonful—paprika
1 tablespoonful—lemon juice
1 tablespoonful—cold water
1 teaspoonful—Worcestershire sauce
1 teaspoonful—Tomato catsup
5 tablespoonful—Olive oil

Mix sugar, salt, mustard and paprika well together. Add the cold water, Worcestershire sauce and tomato catsup. Then drop by drop, add the oil alternating with the lemon juice, all the time stirring to produce a uniform mixture. Pour on top of salad and serve.

TOMATO SAUCE

2 tablespoonful—Butter
1 tablespoonful—Flour
1 tablespoonful—Chopped onion
1 tablespoonful—Carrots
1 tablespoonful—Chopped Parsley
1/4 teaspoonful—Pepper
1 Bay leaf
1/2 teaspoonful—Salt
3 Cloves
1/2 can—Tomatoes

Put one tablespoonful of the butter into a sauce pan with the chopped onion and carrots, cook well but not brown. Add the flour and cook for five minutes, stirring constantly. Then add the tomatoes, cloves, bay leaf, salt and pepper. Cook slowly for half an hour or until reduce to the right consistency. Add the other tablespoonful of butter, a small piece at a time in order to prevent an oily line.

KNOW YOUR VEGETABLES

As a general rule, vegetables are planted during the dry season, or after the harvest of the principal crop such as rice, sugar cane, etc... Hence, availability of fresh vegetables are profuse during the months of what we may consider summer here in the Philippines. However, more enterprising farmers make it a point to plant vegetables during rainy seasons for they command a much better price. So that we can safety say that the foregoing vegetables are available throughout the year. If one will only expend the necessary effort to look for the particular vegetable, and, if one is in a position to pay the price.

Ordinarily, filipinos supplement their fish dish with a vegetable course. These two courses have been the mainstay of the Filipino Diet. Now, the people have awakened to the benefits of meat. Pork has replaced the majority of vegetable dishes or when the cook is more enterprising, the blending of pork and vegetables have resulted in a more appetizing dish. Beef (cowmeat) is gaining favor with the middle income bracket families, while carabao meat (when young and fattened) is not only tolerated but enjoyed by the lower income families. Invariably the most used of vegetables and whose supply is also available in Manila markets are the following:

AMPALAYA — or Amargoso; elongated, slender to oblong, rough and wrinkled skinned gourd. It has a bitter, acidic taste which is usually squizzed out with the help of salt or saline solution. Together with either meat, pork or shrimps, it makes an excellent "guisado" dish.

SEGADILLA — also known as kalamismis. The young pod with the immature beans is preferred for cooking. It is about 2 to 3 inches long, with longitudinally thin wings and resemble a square in cross-section.

PUSO NG SAGING — Banana buds of the saba variety is the most popularly prefered kind as it boils to a natural taste at the same time retaining its whitish color. When boiled and chilled it forms an excellent foundation for salad. Available throughout the year.

REMOLACHAS — or red beets is an introduced variety of tuber. It had been grown in commercial scale in Baguio before the war and shipped to Manila markets. Now the Chinese truck gardeners around Grace Park, Navotas and Malabon are the chief suppliers of Manila. It forms an excellent component of salad.

RIMAS — or kamansi is gaining favor as a presentable substitute for some of the gourds in stewing meat or fish. Ordinarily, the rimas (seedless) is prefered baked for meriendas or boiled in sugar syrup for sweets, and the kamansi (seeded) is prefered as admixture with meat or fish. Mostly available from February to beginning of rainy season. Of Indonesian origin.

REPOLYO — or cabbage is an introduced crucifer. It forms excellent vegetable whether boiled, stewed or scalded as for salad. Has been grown commercially at Trinidad valley in Baguio, in Sibul at Bulacan, and by truck gardeners around Manila. Manila markets are supplied with local produce during the dry season and the U. S. and China exports it to the country during the rainy season.

REPOLYONG PULA — or red cabbage is a novelty used primarily to over-dress the various salads. Its availability is sporadic and limited in the Manila markets.

KANGKONG — a leafy socculent vine that is allied to the camote family but surpasses it as a green. The tips and the young leaves makes an excellent green boiled or scalded. For salads or condiment of fish stew. Available throughout the year.

CARROT — or zanahorias in Spanish is rich in vitamin. A purplish to reddish tuber slightly smaller but similar to radish, is greatly relished for salad. Grown locally and in Baguio. Imported from the U. S. Available the year around on the better classes of cold stores.

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Rules For Serving Vegetables

These rules help to preserve color, form, flavor vitamin and mineral content of vegetable.

Prepare vegetables very thin or not at all.
Prepare them just before cooking or serving.
Do not let them soak in water.
Cook quickly.
Use as little water as possible.
Salt water slightly.
Cook only until tender.
—Do not overcook.
Save excess liquid for gravies, soups and sauces.

Uncooked fruits and vegetables constitute every bit of their vitamin and mineral food value without the loss that follows cooking. Serve salads of uncooked vegetables frequently.

VEGETABLE SPECIALS

CABBAGE WITH SAUCE

(Sarciado)

1 head cabbage
2 cups water
1 teaspoon salt
1 medium-sized slice ham
3 cloves garlic
1 tablespoon lard
1 small onion
2 tomatoes

Wash cabbage with head down in water. Add a little vinegar to taste. Put cabbage in a saucepan with 2 cups water, salt, and ham. Cover and cook until cabbage is tender. Drain, but save water as soup. Put the cabbage on a platter.

Fry garlic in lard until brown, add onion and tomatoes. Cook 10 minutes. Add the cabbage water. Pour over the cabbage. Cut ham in shreds for garnish.

COOKING AMPALAYA

6 ampalayas, cut very thin
1 cup shredded shrimps, pass the head through a grinder
4 tomatoes, sliced very thin
1 Bermuda onion, sliced
3 ears garlic, crushed
3 crabs, boiled and shredded

Soak the ampalayas in salted water and squeeze well. Wash and squeeze again. Put the frying pan on the fire and heat. Put lard and add garlic. Cook until red. Put onions and tomatoes and knead very well. Put the shrimps and stir. Season with salt, and when done pour shrimps extract and stir continuously. After boiling once add salt if needed and add crab meat. When about to remove from fire add ampalaya. Do not overcook for it is better for the ampalaya to serve half cooked.

COOKING SAYOTE

2 spoonfuls lard
7 sayotes regular size
1/2 pound pork
Tomatoes
1/2 teaspoonful powdered pepper
1/2 cup shredded shrimps
4 ears, garlic crushed
Some onions

Peel some onions, sayote and cut into desired shapes about one-half size. Boil the pork chopped fine, until tender. Grind the shrimp head, and squeeze out the juice. Lay aside for a while. Put the frying pan over the fire. Put fat and when well heated cook garlic until well red add onion and tomatoes. Put the shrimp and knead with a spoon. Put the pork. Season with salt and when nearly cook put the sayote. Before removing from fire pour the shrimp juice. Stir thoroughly and continuously until it boils. When sayote is cooked sprinkle it with pepper and remove from fire.

EGGPLANT RELLENO

Little paminton
3 eggplants
1 cup pork, pass through a grinder
1 big tomatoe, ripe sliced fine
Flour
1 spoonful of onions, sliced very fine
1 garlic, crushed
1 pinch powdered pepper to taste
6 teaspoonfuls lard
2 eggs beated

Cook the garlic, onion, tomatoes chopped fine with lard. Knead and add meat. Season with salt. Add paminton and powdered pepper. Stir and when done remove to a plate. Roast the eggplants and peel off the skin. Cut open and put mixture inside. Roll on flour and dip the eggplants in the beaten eggs. Cook eggplants in hot lard—pouring hot lard continuously on the eggplant to keep the eggs from scattering.

EGGPLANT ROMA

1 medium eggplant (about 1-1/2 pound)
6 tablespoon fat or salad oil
1 8-oz. can tomato sauce
1 beaten egg
1 teaspoon salt
1/4 lb. processed American Cheddar cheese
4 tablespoon minced onion

Cut eggplant into crosswise slices 1/4 inches or more thick. Dip slices in the beaten egg, to which 1/2 teaspoon of the salt has been added; then saute slowly in the hot fat until brown on both sides, but not quite tender. In a shallow baking dish or pan, arrange these eggplant slices in stacks of three each (like pancakes) with slices of cheese between and on top. Pour around the stacks tomato sauce, which has been heated with the minced onion, and the remaining 1/2 teaspoon salt. Bake in a moderate hot oven (375° F.) for 20 minutes or until the cheese melts.

Each stack should make a serving; or, if the slices are to large cut them into halves or quarters.

FRESH CORN

6 ears fresh corn (young and tender)
2 tablespoon shrimps (peeled and chopped)
1 glove garlic
2 tablespoonfuls lard
1 tablespoon Bagoong or patis
1 cupful water
1/2 cupful Amargoso leaves (young and tender).

Remove the silk from the ears of corn. Cut the grain of corn down the middle of the ear and scrape out the kernels with a knife, being careful not to take with them particles of the cob. Fry the garlic in the lard. When brown, add the shrimp and bagoong and cook for a minute or two. Then add the scraped corn. Stir well and add the water. Cook until tender, about fifteen minutes. One minute before taking from the fire, add the amargoso leaves.

GABI STEW

1/2 pound gabi or sweet potato
1/2 pound coconut
1 cup water
1 pound fish
1 head garlic
2 tablespoons lard
1 tablespoon bagoong (shrimps)
1/2 teaspoon salt

Peel gabi and slice thin. Grate coconut and add to coconut milk. Strain. Add water to strained juice. Pour over coconut meat and repeat straining. Save all juice. Clean and broil fish. Flake and remove bones. Fry garlic and when brown add bagoong, slice gabi, salt, and juice.

GARLIC (Vegetables)

1/2 cup fresh shrimps, shredded onion
Pieces of sitsaron, soaked in water and cut to pieces
8 stems garlic (green) and sliced fine
1/4 kilo pork boiled and cut to pieces
1 head garlic, crushed
4 spoonfuls patis and little lard

Crush the shrimps and squeeze out the juice to a cup of cold water. Pass through a colander. Do not make too thick, or the stench will be too strong. Put a frying pan over the fire, put little lard and cook garlic until red. Put the shrimps, season with patis, and knead with spoon. Put the pork, sitsaron, and garlic, and pour the shrimp juice and bring to a boil, stiring it at the same time. Put salt if necessary.

ILOCANO BULANGLANG

3 ripe tomatoes of doreate size
10 lapad fish, previously fried
1 small cup bagoong fish
1 ampalaya, cut like the eggplant
4 eggplants, cut 2 inches and sliced very fine
A piece of white squash, sliced thin
1 cup rice water

Put clean rice water in the boiler and add tomatoes and when it has come to a boil pass through a sieve. Put fried fish. Continue boiling until done. Do not stir. Remove immediately from fire to avoid vegetables from overcooking. Serve.

KINTSAY GUISADO

1 plate chopped celery
1/2 cup pork, boiled and cut to pieces
3 spoons patis
5 ears garlic, crushed
4 bean cakes, cut into small squares
1/2 shredded shrimps
1 spoonful lard
Onions and tomatoes

Put the frying pan on the fire. When well hot put lard. Cook the bean cakes in this. Remove the bean cakes

and put crushed garlic. When this is red add, onion and tomatoes and shredded shrimps and pork and add the bean cakes and boiled. Season with salt, and pour the shrimps extract. Stir until it boils. Add the celery. It is better to serve the celery half cooked.

MONGO GUISADO

1/2 cupful Mongo
1 tablespoonful lard
1 slice onion
2 shrimps (medium size)
3 cupfuls water
1 clove garlic
1 tomato (medium size)
1 teaspoonful Bagoong (alamang)

Wash the mongo. Put it into a saucepan, cover with water, and cook slowly until the water is all absorbed. Then mash the mongo through a colander. Fry the garlic and the onion and tomato. Shell the shrimps and cut them into small pieces. Add the shrimp and bagoong to the cooking tomato and onion. Pound the heads of the shrimps, add one-half cupful of water and strain through a wire strainer. When the tomatoes and shrimps are done, add the strained shrimp water to them, and the mashed mongo. Let cook for five minutes, when it is ready to serve.

PATOLA No. I

Patola
2 cloves garlic
3 tablespoon lard
1 sliced onion
1/8 teaspoon pepper
3 tablespoons skinned shrimps
3 tablespoons sliced pork
1 tablespoon patis (native sauce)
1/2 teaspoon salt

Peel patola and cut crosswise. Fry the garlic in lard. Add onion, shrimp, pork, patis, and salt. Cook until pork browns. Add patola and stir well. Cover and cook until patola becomes clear or until cooked. If desired may add misua.

PATOLA No. II

3 tablespoonfuls lard
1 Onion (sliced lengthwise)
3 tablespoonfuls Pork (sliced thin)
1/8 black pepper
2 cloves Garlic
3 tablespoonfuls shrimps (peeled and cut in halves)
1 tablespoonful Patis
1/2 teaspoonful salt
3 Patola (peeled and cut crosswise)

After peeling and cutting the patola crosswise, cut it into pieces one centimeter thick. Fry the garlic in the lard. When nicely browned, add the onion, shrimp, pork, patis, and salt. Cook until the pork begins to get brown, then add the patola and stir well. Cover and cook until the patola becomes clear or until it is sufficiently cooked. It takes about ten minutes. Do not add water. The patola has enough to supply the dish.

PATANI

1/2 pound Patani
1 clove Garlic
1 Tomato (cut in small pieces
2 ounces Pork (cut in small pieces)
1/2 cupful Water
2 tablespoonfuls lard
1/2 Onion (sliced lengthwise)
1 tablespoonful Patis m
1/2 teaspoonful Salt
2 ounces shrimps (peeled and cut in small pieces)

Remove the skin of the beans. Fry the garlic in the lard. When brown, add the onion, tomato, patis, salt, pork, and shrimps. Cook them together until the pork is browned. Then add the beans. Stir well and add the water. Boil until the beans are tender

PATANI (Fresh) STEW

1/2 pound patani or fresh beans
1 bulb garlic
2 tablespoons lard
1/2 onion, sliced lengthwise
1/2 cup water
2 medium-size tomatoes
1 tablespoon patis (native (sauce)
1/2 teaspoon salt
1/4 cup pork, cut in pieces
1/4 cup shrimps, peeled and cut

Remove the pods from the Lima beans. Fry pounded garlic in lard and add onion, tomato, patis, salt, pork, and shrimps. Cook together until pork is brown. Add beans and water. Stir continuosly until beans are tender.

PICKLED BANANA (Tagalog dish) FLORESCENCE

2 onions, sliced lengthwise
1 tablespoon patis
1 tablespoon lard
1 cup crushed shrimp heads
3 banana flowers (butuan)
sliced fine
Misua
1 spoon garlic, crushed
Shredded shrimps

Squeeze the crushed shrimp head into one-half cup cold vinegar. Pass through a colander and throw away the remains. Put the frying pan over the fire and put lard. Cook garlic until red. Put the shrimps and add the banana florescence and cook for a few minutes more. Pour the shrimp juice and stir until it boils. Season with patis. Sprinkle with pepper. Fried garlic may be added too. Remove from fire at once.

PINAKBET

2 small ones or 1 large ampalaya
3 Eggplants (medium size)
1 cupful water
2 tablespoonful bagoong
2 Tomatoes (medium size)
1 small slice fat pork
1 teaspoonful salt

Cut the ampalaya crosswise, then into quarters; remove seeds and wash. Cut the eggplants crosswise and wash. Cut the pork into small pieces. Put the pork, ampalaya, and eggplants, into a carajay or saucepan and add the vegetables. in the saucepan. Add the salt. Cover and bring slowly to a boil. When the eggplants are half-done, add the bagoong and continue cooking until the vegetables are tender and done. During the cooking, stir once in a while to prevent scorching.

POTAGE DE GARBANZOS

2 cups cooked, peeled garbanzos
1 can tomato sauce
2 teaspoons garlic, crushed
2 medium sized potatoes
1 small can Vienna sausage
1 medium sized onion

Cut the potatoes into 1/2 inch cubes and fry until golden brown. Set aside. Saute garlic, onion and tomato sauce in hot lard. Add Vienna sausages cut into small pieces. Boil gently for a few minutes. Add the garbanzos and fried potatoes. Season mixture with salt and pepper. Simmer for 10 minutes. Serve very hot.

REBOSADONG OKRA

12 large okra
1 small onion
2 cup ground pork
2 eggs
Salt and pepper

Clean okra and boil for 20 minutes until soft. Allow to cool, then remove skin carefully. Set aside.

Dice onion and fry in lard until soft and brown. Add ground pork and mix thoroughly. Set aside.

Beat eggs well, sprinkling with salt and pepper to taste.

Press each okra slowly till it flattens. Put a teaspoon of pork mixture on each okra, and fry in frying pan. Just before removing, pour a little egg mixture, seeing to it that egg collects around and on top of okra, not allowing eggs to spread out. Turn over once and remove.

Serve with bottled food seasoning.

RELLENO CABBAGE

about 3/4 pound Beef (chopped fine)
about 1/2 pound (pork chopped fine)
1/2 Onion (large)
1 large tablespoonful lard
1 head Cabbage (not too hard)
To season—Pepper and Salt

Cut the onion very fine and brown it in the lard. Add the meat and fry very quickly, turning all the time for about five minutes. Add the salt and pepper as desired.

Select a cabbage that is not too hard so that the leaves may be easily opened up one by one without breaking them off. Put the meat mixture into the very center and then carefully close the leaves over it one by one again. Tie with a napkin and cook in boiling water until the cabbage is soft. Serve with cream sauce.

SAUTED EGGPLANT

1 large eggplant
1 egg
Salt, pepper, lard and salad oil

Cut a large eggplant into 1/4" crosswise slices. Sprinkle slices with salt, pepper, and a little flour or dip in beaten egg, then add cracker crumbs and saute to a golden brown tenderness on both sides in a little hot fat or salad oil. Serves six

Or, served sauted thick slices of eggplant on toast on which a thin slice of broiled ham has first been laid.

S I T A W
(Savory Cow Peas)

2 cloves garlic
3 tablespoons lard
1 onion, sliced lengthwise
3 tablespoons pork, sliced thin
1 tablespoon bagoong (small salted shrimps)
1/2 teaspoon salt
3 cups sitaw or cow peas, cut in pieces
3 tablespoons shrimps, halved

Put pork in frying pan in lard until brown. Then add the garlic, onion, shrimps, bagoong, and little salt. Stir and cook. Add sitaw. Stir for 1 minute longer, then add enough water and boil until sitaw are tender.

STUFFED EGGPLANT

1/8 teaspoon pepper
1 large eggplant
1 tablespoon minced parsley
1 tablespoon melted butter
2½ cup day-old bread crumbs
1 teaspoon minced onion
1 egg, beaten
margarine, fat, or salad oil

Cut eggplant in half lengthwise. Cook, covered, in 1/2" boiling salted water for 10 minutes. Scoop out insides, leaving 1/4" rim around shell. Combine eggplant pulp with 2 cups of the crumbs, seasoning, parsley, onion and egg, and refill shell. Top with remaining crumbs to which butter has been added. Bake in moderately hot oven of 375° F. for half hour. Serves four.

TAGALOG BULANGLANG

5 centavo worth of tamarind fruit
3 ears garlic crushed
2 eggplants, cut one inch crosswise, then cut the pieces into 4

1 ampalaya, cut same as eggplants
sigarillas, cut likewise
kangkong
1 mudfish
3 bundle string beans, cut inch long
10 centavos worth of bagoong shrimps

Put frying pan on the fire and put lard. When well heated cook garlic until red. Add the bagoong and string beans, sigarillas and kankong. Stir, cover for a moment and add eggplants and ampalaya. Put clean rice wash and add mudfish or bangus. Put sampaloc and cover. When sampaloc is done squeeze juice, throw away the remains. Bring to a boil. Serve.

TALONG DININDENG (Eggplant and Tomato)

Recipe — I

1 cup water
1 large tomato, sliced
2 teaspoons small shrimps (bagoong)
4 medium-sized shrimps
2 medium-sized eggplants, sliced lengthwise
Season to taste

Boil water and add tomato and the bagoong. Cut medium-sized shrimps in pieces and add. Boil. Add eggplants and cook until tender. Season to taste.

TALONG DININGDENG

Recipe — II

1 cup water
2 teaspoonfuls Bagoong (alamang)
1 Tomato (large)
4 shrimps (medium size)
2 eggplants (medium size)
1/2 tablespoonful lard

Boil the water, slice the tomato and add to it. Put in the bagoong. Shell the shrimps and cut into pieces. Add them to the boiling mixture. Pare the eggplants and slice them lengthwise about one centimeter thick. When the tomato and shrimps are cooked, put in the eggplants and cook until tender.

Broiled fish may be used instead of shrimps.

UPO GUISADO

3 shrimps (medium size)
1/2 teaspoonful salt
2 cupfuls Upo (sliced)
2 cloves garlic
2 tablespoonfuls Bagoong or patis

Heat the lard and fry the garlic until brown. Peel and chop the shrimps, then fry. Add the bagoong and salt. Wash the sliced upo and add to the mixture. Cover and let cook until the upo is soft. Stir, to prevent scorching.

CHEESE LIMA BEAN AND TOMATO CASSEROLE

1 pound dried baby lima beans
3 tablespoon butter
1 cup thinly sliced celery
1 No. 2 can tomatoes
1 teaspoon sugar
salt and pepper to taste
1/2 pound shredded chedar cheese
6 thin slices bacon

Soak beans overnight in cold water; cook in same water until just tender. Drain. Melt butter over low heat, add onion and celery, cover and simmer 5 minutes. Add tomatoes, sugar, salt and pepper (to taste) and oregano or leaf thyme. Mix with drained beans and stir in the shredded cheese. Pour into 2-quart buttered casserole, cover with bacon and bake in moderate (350°F.) over about 35 minutes, or until bacon is crisp. Serve immediately. Makes 4 to 6 servings.

MAYONNAISE CAULIFLOWER

1 head cauliflower
1 egg, well beaten
1 tablespoon water
1/2 teaspoon salt
1/4 teaspoon pepper
Dry bread crumbs
5 tablespoons Mayonnaise

Separate cauliflower into flowerets and cook in boiling salted water until tender. Mix egg, water and seasonings. Dip flowerets in egg mixture, then in bread crumbs. Pan fry flowerets in Mayonnaise over moderate heat until brown. Serve with Parsley Hollandaise, if desired. Yield: 6 servings.

PARSLEY HOLLANDAISE

Melt 2 tablespoons vitaminized margarine in top of double boiler. Add 2 tablespoons flour, 1/2 teaspoon salt and 1/8 teaspoon pepper. Stir smooth. Add 1 cup milk gradually, stirring constantly, and cook until thickened. Add 2 tablespoons chopped parsley and 1/4 cup mayonnaise and stir until smooth. Yield: 6 servings.

ATCHARA

4 Fresh green papayas
12 fresh red peppers
1 cupful Singapore onions
2 cupfu's White sugar
2 Cucumbers
6 Radishes
1 liter Vinegar (native white)
1/2 cupful garlic
6 tablespoonfuls salt

Peel papayas, remove seeds and put pulp through a cheese grater. Peel and cut cucumbers into pieces one centimeter thick and two centimeters long. Do the same with the radishes. Put two tablespoonfuls of salt on the cut radishes. Mix radishes and salt together and let stand for about ten minutes. Then wash out all the salt and put radishes in the sum for about two hours. Slice the peppers lengthwise. Do the same with the garlic. Peel the onions but do not cut. Boil vinegar, sugar, salt, and pepper. When boiling, add cucumbers, radishes, and papaya. After three minutes add garlic and onions. Press down into the mixture. After four minutes, remove from the fire.

BIBINGKANG GALAPONG

2 eggs well beaten
1 cup of sugar
2 cups diluted milk
3 tbsps. baking powder
2 cups rice flour
1/2 tsp. salt
4 tbsps. melted margarine

Pour into molds lined with banana leaves and bake for 30 minutes at 400°F. When half baked, remove from oven, brush surface with star margarine, sprinkle sugar and place a few thin slices of native cheese over it. Return to oven and continue baking until a golden crust is formed. Spread with star margarine before serving.

BAMBOO SHOOT SWEET PICKLE

4½ cups of sliced bamboo shoot
2 sections of garlic
2 sweet red peppers
1 hot red pepper
1 pound dried baby lima beans
3 tablespoon butter
1/3 cup finely cut onion
9 small onion
Sliced ginger
Vinegar
Sugar

Cut the bamboo shoot into desired pieces and soak overnight in strong salt solution. This keeps the bamboo shoot white. In morning, strain in fresh water. Boil in plenty of hot water until tender. Drain and pack in jars with the above ingredients which with the exception of the

hot rep pepper and onions, must also have been sliced into small pieces. Arrange the ingredients in the jars in such a way as to make the pickles appealing. Make a solution of 4 parts of vinegar and 1 sugar and while boiling hot pour in the bottle to cover the product. Seal the jar tightly.

CHOCOLATE MERINGUES

4 egg white
1 cup sugar
1½ oz. chocolate, melted
1/2 teaspoon vanilla

Beat egg whites until frothy and add sugar gradually, beating well after addition. Fold in chocolate and vanilla. Drop from spoon into cookie sheet covered with wet unglazed paper. Bake in slow oven (250°F) 50 to 60 minutes. This recipe makes 12 large meringues.

COCONUT CAKE

2 cups cake flour
2½ tsps. baking powder
1/2 tsp. salt
2/5 cup Purico
1 cup sugar
3 eggs
1 tsp. vanilla
1 cup chopped coconut
2/3 cup milk
Moist shredded coconut

Measure sifted flour, add baking powder and salt and sift again. Cream sugar and the lard until light and fluffy. Beat eggs till lemon colored, add to creamed Purico and sugar, beating well together. Add vanilla and coconut. Put in dry ingredients alternately with milk. Stir only enough after each addition to blend well, but do not heat.

Bake in moderate oven (375°F) 20 to 25 minutes. When cool, frost and sprinkle with toasted coconut.

COCONUT-CREAM PIE

1 bake 9 inch pie shell
2/3 cup sugar
3/4 teaspoon salt
2-2/3 cup yolks
3 tablesp. cornstarch
3 eggs whites
6 tablespoons sugar
1 cup shredded coconut
1 tablesp. vanilla
1 tablespoon flour

Mix the sugar, salt, cornstarch and flour in the top of a double boiler. Stir in the milk and bring to a boil over low heat stirring constantly. Cook for 2 minutes, then remove from the heat and pour slowly into the slightly beaten egg yolks stirring constantly. Place over boiling water and cook for 10 minutes, stirring occasionally. Add butter and stir to blend then cool. Add vanilla and cool thoroughly. Pour into the cooled baked pie shell and cover with a meringue made by beating the six tablespoons of sugar and salt into the 3 eggs whites. Bake in a 325° degrees over for about 15 minutes; then cool thoroughly.

COOKING HAM

1 ham about 2 kilos
1 big bottle vinegar
30 centavos worth granulated sugar
10 centavos worth crushed garlic
10 centavos worth cinnamon
bay leaf, peper, and all spices
Cloves and oregano
1/2 bottle whisky or wine

Clean ham and soak in water for half a day. Wash very thoroughly then boil in a pan. Change the water about three times. After boiling for the third time, pour out the water and substitute the ingredients, putting them under the ham. Soak the sugar in vinegar, mix with garlic and pour over ham. Add 2 cups water and cover. Put over fire until broth is reduced down. Pour whisky and when about to dry completely, turn the ham. When dry, remove and put on a plate. Take out the skin and sprinkle with refine sugar. Heat the sense and iron ham with it.

FILLETING A FISH

Use a sharp knife cut down through the flesh along the back from the tail to the just besind the head. Then cut toward the interior of the head just in back of the collarbone. Turning the knife blade flat along the side of the backbone and over the ribs cut the flesh from the fish while pushing the edge of blade toward the tail.

HOW TO MAKE CHORIZO

Big pepper
Garlic
Meat
Oregano
Salt

Grind the meat and put little vinegar. Put salt, oregano and pepper. Mash thoroughly and let stay for eight hours. Then put in the dry intestine of pig or cow and keep in dry place.

HOW TO MAKE TOMATO CATSUP

Enough ripe tomatoes
2 teaspoonfuls mustard extract
20 drops olive oil
1 teaspoon cloves, anis, and cinnamon extract
1/4 liter salt
2 spoons paprika
1 ounce ginger
1/4 spoon pimientos
1/8 teaspoonful asefitada
1/2 gallon vinegar
1 teaspoonful pepper extract

Wash tomatoes, take seeds out, boil and stir. Use soft sieve to separate the skins. Boil till reduced to one and one-half gallon, put vinegar, boil to reduce it again to one and one-half gallon; remove from fire and put all ingredients. Put asefitada in a casserole, put a few spoons of catsup, stir and then put the rest of the ingredients, stir till it is brought to a boil. Keep in a covered jar.

HOW TO MAKE GRAVY

4 tablespoons meat drippings
4 cup evaporated milk diluted with 1 cup water
Salt to taste

Blend flour into meat drippings. Add diluted evaporated milk gradually and stir until thick. Season to taste.

MAYONNAISE

1 whole egg
1 t. salt
1/4 c. vinegar or lemon juice
1 c. oil
1/4 t. pepper
1/2 t. mustard if desired

Break the egg into a bowl, beat slightly, add seasoning and well. Add slowly one-fourth cup oil and one tablespoon of vinegar, beating until the mixture thickens, then add the remaining oil. Mayonnaise should be thick enough to hold its shape.

MILK SHAKES

Chocolate shake—Add 2 tablespoon chocolate or cocoa syrup or malt powder to 1 cup of milk. Bear or shake well and pour into a tall glass. Serve with a scoop of chocolate ice cream. Makes 1 serving.

Peppermint shake—Scald 4 cups of milk in a double boiler. Add 1/2 cup crushed peppermint stick candy and stir or shake until the candy is dissolved. Chill and pour into glasses. Top with whipped light cream and sprinkle with crushed peppermint candy. Makes 6 servings.

Maple shake—Add 1/4 cup maple syrup to 1 quart milk and stir or shake well. Pour into tall glasses which are half filled with ginger ale. Makes 6 servings.

MAKING HAM

6 oz. red sugar
Few bay leaves
1 lb. salitre
8 lb. salt

One pig leg or any kind of meat you want to make ham of. Dissolve the salitre, salt and sugar in a little water making it very sticky. Boil once, then cool. Cover the pig leg entirely with it for at least twenty days, then dry.

PAPAYA PICKLE

3 cups of grated green papaya
1 small cucumber native
Native onion (Tagalog)
2 sweet red pepper
2 carrots
1 ampalaya (young)
Garlic

Peel the green papaya and grate it. Soak overnight in strong salt solution. Peel the cucumber and carrot; slice; cut the ampalaya into pieces. Soak overnight in strong salt solution with a pinch of alum to make it stay crisp. Wash with water the next morning and drain in the sunshine. Pack in jars, using all the ingredients mentioned above together with vinegar and one cup boiled sugar. Seal tightly.

PASTILLAS DE MANI

1 cup ground fresh peanut
2/3 cup sugar
3/4 cup milk

Pass peanut through a grinder. Mix all ingredients together and cook on a slow fire stirring constantly to avoid burning. Cook to a thick consistency. Sprinkle sugar on a piece of board and spread peanut paste with the aid of a rolling pin. Cut to desired shape or form. Roll in sugar and wrap in wax paper.

POTATO CHIPS

Wash and pare potatoes and shave into very thin slices. Soak them for one hour in cold water, then drain and dry on a towel. Fry in deep fat (395° F.) a few slices at a time until light brown, keeping them in motion with a skimmer. Lay them on soft paper to drain. Sprinkle lightly with salt, and serve.

In cool weather, enough potato chips may be cooked at one time to last a week or ten days. They should be kept in a cool dry place and should always be reheated in the oven until crisp, before serving.

SWEET PICKLE

5 pints sugar
2 quart vinegar
2 teaspoons cinnamon
1 teaspoon cloves
Any fruit, melon rind or cucumbers

Sweet pickles may be prepared of any fruit that can be preserved including the rinds of ripe melons and cucumbers. The proportion is as above for the syrup. Sweet pickles may be made of any preserve by boiling over the syrup and adding spices and vinegar. Examine frequently and rescald the syrup if there are signs of fementation. Plums and other smooth skinned fruits should be well pricked before placing them in bottle. The boiled vinegar with sugar be poured in bottles, and sealed it very tight.

FRENCH DRESSING

1/3 cup vinegar
2 tablespoons salad oil
1 teaspoon salt
1/4 teaspoon pepper

Put ingredients together in a bowl and mix with spoon.

GREEN TOMATO PICKLE

Select green firm tomatoes. Cut into halves crosswise, Remove seed. Arrange tomatoes in a glass, earthenware, enamel or porcelain container. Pour brine solution (2 cups water and 1 cup salt) enough to cover tomatoes.

Place weights (small clean stones ar else broken pieces of plates will the serve the purpose) to prevent the tomatoes from floting. Let stand for 2 weeks, adding 2 tablespoon salt each day for the first three days. Wipe mold as it may appear on top with a wet cloth daily to avoid spoilage.

After two weeks wash tomatoes in several changes of water. Pack in preserving jars and pour the vinegar prepared as follows:

1 cup native vinegar (at least 4% acidity)
1 cup sugar

Boil vinegar and sugar together and strain through a piece of cloth. Pour over tomatoes. Exhaust in boiling water until the temperature inside the jar in 70° C. Seal completely.

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MISCELLANEOUS RECIPES

BAKED EGGS IN SPANISH EGGPLANT

1 medium-sized eggplant
1 small onion chopped
1 small green pepper
2 tablespoon fat
1 large tomato
1/2 teaspoon chili powder
1/4 teaspoon celery salt
1/4 teaspoon pepper
6 eggs
Buttered crumbs

Peel eggplant and cut in inch cubes. Parboil for 5 min Saute chopped onion and pepper in the fat until soft. Add the tomato cut in small pieces with eggplants and seasoning. Simmer for 10 min. Pour the vegetable mixture into an oiled baking dish. Break the eggs into it and sprinkle a few buttered crumbs over the top. Bake in moderately hot over (400 degree F.) for 10 minutes or until the eggs are set. Brown quickly under broiler. Serves 6.

BOLOGNA ROLLS

1 tablespoon minced green pepper
1/4 cup native cheese
6 thin slice bologna

Combine green pepper and cheese. Add salt and pepper to taste spread on bologna. Roll each slice like a jelly roll and serve chilled.

BROILED QUAIL

quail
melted butter or margarine
toast points

Split draw and clean quail down the back. Brush each piece on all sides with melted butter. Place with the skin side down on broiler rock in broiler oven. Broil 6 minutes on one side. Then turn and broil 6 minutes on the skin side. Brush again with melted butter and serve on toast points with more melted butter and any juice from the birds which remains in the broiler pan. Allow 1 quail per person.

CALDERETA

1 kilo goat's meat cut into pieces
6 potatoes halved or quartered
5 segments garlic
6 tomateoes, sliced
Paprika, salt and pepper
1 large onion
1/2 cup chopped ham
Slice of hard-boiled eggs
Sliced pimientos
1 cup sweet peas

Brown the garlic in lard. Remove the garlic and add the onions and tomatoes. Then add meat and seasonings.

When partly cooked. transfer the mixture to a deeper vessel, then add stock. Tinto dulce to cover the mixture, and cook until meat becomes soft. Add the potatoes and continue cooking. When meat and vegetables are tender add the liver mixture to thicken the gravy. Add the vegetables and ham. Serve hot and garnish with slices of hard boiled eggs and chopped ham. Preparing gravy (liver) for caldereta.

To 1/4 kilo ox-liver passed through a food grinder add:

2 tabsp. bread crumbs
2 tbsp. vinegar
Salt and pepper
1 cup stock (Tinto Dulce)

(Mix the above and strain into the "caldereta" mixture)

COOKING FROZEN CHICKEN

Fried chicken:

5/8 cup flour
1/2 cup milk
1/2 teaspoon baking powder
1 small egg, beaten
1/2 teaspoon melted butter

Mix and sift the dry ingredients. Add the milk, the egg, and the butter gradually, stirring constantly. Dip each piece of chicken into the batter, then drop it into hot fat (375°F). Cook the chicken at 350°F. for about 15 minutes, or until it is golden brown on all sides. The chicken may be steamed instead of simmered.

CORNED BEEF CROQUETTES

1 can Libby's Corned beef
1 Egg
2 Tablespoons flour
Salt to taste

Chop the corned beef. Beat the egg and mix the corned beef. Add the flour to this and shape into croquettes or balls. Roll over bread crumbs as flour. Fry in deep fat until brown. Serve with sweetsour sauce or gravy.

CORNED BEEF PUCHERO

1 can Libby's corned beef
2 gloves garlic
3 cooking bananas (saba)
1 medium sized camote
1 small onion
2 medium sized tomatoes
1/4 kilo cabbage or pechay

Saute garlic, onion and the chopped tomatoes. Add the corned beef in chunks and simmer in a covered skillet.

After a while add the saba bananas cut in halves, and chunks of camote. When done add a cup of rice water or stock. Boil for a few minutes. Then add the cabbage or pechay. When the vegetable is wilted remove from fire. Serve hot.

COTTAGE OMELET

2 teaspoon minced onion
4 eggs
1 tablespoon fat
1/4 cup cottage cheese
1/2 teasppoon pepper
3 tablespoon water

Saute onion tender in fat in 8 inches skillet over low heat. Beat next 4 eggs with ingredients, to blend. Pour over onion. Sprinkle with cheese. As egg sets, stir from bottom and sides with fork, to let liquid run to bottom. Continue until all egg is creamy, but rough on touch. Level omelet with times of fork flat on surfaces. Fold in half, turn into platter. Two servings.

CUCUMBER CHEESE MOLDS

1 tablesp. unflavored gelatin
1/4 cup cold water
1½ cups native cheese
1 tsp. salt
1/4 tsp. paprika
1½ cups chopped cucumber
1/2 cup chopped nuts
1/2 cup mayonnaise

Soften the gelatin in the cold water. Place over boiling water and stir until gelatin is dissolved. Cool slightly and add to native cheese. Season with salt and paprika. Add cucumber, nuts and mayonnaise and mix lightly. Pour into individual molds or a large mold which has been rinsed in cold water. Chill until firm.

CURRIED EGG WITH RICE

1/3 cup minced onion
3 tablespoon butter or shortening
3 tablespoon flour
2 teaspoon curry powder
1/2 teaspoon lemon juice
6 shelled, sliced, hard boiled eggs.
1½ cup evaporated milk
1/2 teaspoon granulated sugar
1 canned bouillon
3/4 teaspoon salt
2 cup cooked canned peas
3 cup boiled white rice

Cook onion in butter in the top of a double boiler over direct heat until tender. Add flour and curry powder and blend. Add milk, bouillon lemon juice, sugar and salt and cook over boiling water until smooth and thickened, stirring constantly. Add peas and eggs. Heat for 10 minutes. Place on platter and arrange rice around. Serve for 6.

EGG CASSEROLE

3 cooked large potatoes sliced
6 shelled, hard-cooked eggs sliced
2 tablesp. minced onion
3 tablesp. butter
3 tablesp. flour
1½ teaspoon salt
1/2 cup soft bread crumbs
2 cups, canned peas
dash of pepper

Arranged the sliced potatoes, eggs and peas, from which the liquor has been drained and reserved, in alternate layers in a greased 2-qt. casserole. Simmer the onion until tender in 2 tablsp. butter in the top of a double boiler over direct heat. Add flour and blend. Add drained vegetable liquor with a little milk to make 2-c. liquid stirring constantly. Add salt and pepper and pour into casserole. Top with crumbs mixed with the remaining 1 tablesp. butter melted. Bake in hot oven of 400°F. for half hour. Will serve 6.

GLAZED TURNIPS

6 medium white turnips
1/4 teaspoon salt
2 tablespoons pork fat
2 tablespoons sugar
Few grains pepper

Scrub turnips; pare. Dice; cover with large amount of boiling salted water; cover; boil 15-20 minutes or until tender. Drain. Heat fat; add salt, pepper and sugar; stir until sugar is dissolved. Add turnip; slowly cook 10 minutes, or until brown, turning to glaze all sides.

GINATANG BIA

5 medium sized bia
1 cup coconut milk
1/2 teaspoon salt
6 large calamansi

Get the bia, clean well and boil for 15 minutes in 1 cup of gata (coconut milk), salt and juice of the calamansi.

Remove from liquid, lay on a platter and pour over it a gravy made from the stock in which it was boiled and one tablespoon of flour.

HAMBURG STEAK

2 lbs. chopped beef
1/2 lb. suet
3 tablesp. chopped onion,
flour butter
1 teasp. salt
dash pepper

Chop beef and suet together twice. Add salt, pepper and onion. Press into a flat steak 3/4 inch thick and sprinkle with flour. Broil in a fine wire broiler or brown in a little fat. Spread with butter and serve. The steak

may also be shaped into small flat cakes. When meat is browned, make a gravy by adding a little water to drip pan and thicken with flour.

MILKFISH WITH MAYONNAISE

2 lb. milkfish (bangus)
1/3 cup of chopped tomatoes
3 eggs, chicken
pieces of butter
mayonnaise dressing

Boil in salt and water the milkfish. Flake it, and put in a pan with 1 tablespoon of lard. When heated add the tomatoes. Let it stay for 3 to 5 minutes. Cool it for a while. Beat the eggs, then mix in the fish. Sprinkle with butter. Cook until brown, Place in a platter. Serve with mayonnaise dressing.

OYSTER WITH BACON

20 oysters large
Strips of bacon
1 lemon
Lard

Clean the oysters well and squeeze the juice of the lemon over them. Then roll each in a strip of bacon fastening each edge with a tooth pick. Fry in very hot lard until brown.

PIGEON PIE

6 pigeons
3 tablespoon fat
3 tablespoon flour
Salt and pepper
1 recipe plain pastry
3 hard-boiled eggs

Stuff each pigeon with bread stuffing. Loosen each joint with a knife, but do not cut them through. Simmer with water to cover, until nearly tender, then season with salt and pepper. Combine fat and flour with the liquid in which the pigeons have been cooked to make gravy, and let cool. Line the sides of a greased baking dish with pastry. Cut eggs into slices and fill baking dish will alternate layers of eggs, pigeon and gravy. Cover with a layer of pastry and bake 450°F. for 10 minutes then lower temperature to 350°F. and bake 30 minutes.

PINIRITONG TALABA

24 Talaba (clams)
2 cups of flour
2 teaspoon baking powder
2 well beaten eggs
1/2 clam liqour
1 cup milk
1/2 teaspoon salt.

Make a batter of the flour, baking powder, salt, milk, eggs and clam liquor. Chop the clams from which the liquor had been taken, season with salt and pepper and

add to the butter. Drop by tablespoonful into deep fat (360-370 F) and fry two to three minutes.
Serve with toasted rice.

PORK CHOPS CASSEROLE

2 cups partially-cooked rice
2 cups cooked peas
2 tablespoon minced onion
1 teaspoon curry powder
1 teaspoon salt
Pepper (grains)
2 cups cooked or canned tomato
4 pork chops

Combine rice, pea and onion. Mix curry powder, salt and pepper to smooth paste with a little tomato liquid add with tomato to rice mixture. Pour into casserole. Trim excess fat from chops; brown chops in skillet. Place on top rice mixture. Cover. Bake in moderate oven (350°F.) 1-1/2 hours. Serves 4.

SALTED "BAKALAW"

1/2 kilo codfish or bakalaw
1 Bermuda onion
Gravanzos
2 red pimientos (sweet)
3 tomatoes
1/2 cup bread crumbs
1 cup water
2 ears garlic

Soak in cold water the codfish for 1/2 hour and drain afterwards. Remove the bones and saute the meat. Fry garlic in lard and when brown add onions and tomatoes. Salt to taste. Mix then the sauted fish and cover. Simmer for a while them add gravanzos and sweet pimientos. Then add water. When boiling add bread crumbs. Serve hot.

SARSIADONG ITLOG

6 hard boiled eggs, shelled
1 can tomato sauce
2 medium sized onions

Cut eggs in two (crosswise or lengthwise) and set aside. Cut onions into rings and fry in deep hot lard. Set aside. Allow tomato sauce to boil in a little lard, drop in eggs and onion rings, let simmer a few minutes and serve with fried rice.

SMOKED TONGUE

4 lbs. Tongue
3 cups water

Cover tongue with cold water and soak for 1 hour. Place tongue on rack in pressure cooker. Add 3 cups water. Cover. Allow steam to flow from vent in steady stream for about 1 minute. Place indicator weight on vent and cook for 1-1/4 hous after 15 lbs. pressure has been reached. Cool slowly. Remove skin from tongue and keep in liquid to retain moisture.

STUFFED TOMATOES

8 large tomatoes
1 canned peas
1 canned pimiento strips
2 hard boiled eggs

Cut off tops of large tomatoes. Scoop out seeds carefully and fill cavities with canned peas. Decorate on top with pimiento strips and garnish also with boiled eggs.

PAPAYA LUMPIA

5 cups green papaya
1/2 cup pork shredded
1/2 cup shrimps
1/2 cup shrimps extract
2 ears garlic
20 lumpia wraper
2 tab.espoon onion
Lard
1 cup sauce

Saute garlic in 2 tablespoons lard; add onion, pork and shrimps. Continue sauteing until done. Add shrimp extract. Stir and when boiling put papaya till tender. Wrap in lumpia wrapper when serve. Serve with sauce and garlic.

PEPPER RELISH

1 cup finely chopped green peppers
1 cup finely chopped red (sweet) pepper
1 onion finely chopped
1 cup strong vinegar (cider preferred)
4 tablespoons sugar
1 teaspoon fine salt

Combine the peppers and onion. Bring the vinegar to the boiling point, add the sugar and salt and stir until melted. Pour over the vegetables. Let stand for about 3 hours before serving. This relish will keep for a week if kept in a tightly covered jar in a cold place; longer if keep in the refrigerator. Best for dry pork dish, like fried pork chops, ham, lechon.

EGG IN CHEESE LOAF

2 tablespoon gelatine
1/2 cup cold water
1¼ cup mayonnaise
8 hard cooked eggs
4 cups grated Cheddar cheese
1 cup chopped celery
1½ teaspoon salt
4 tablespoons chopped green pepper
2 tablespoons chopped pimiento
2 tablespoons lemon juice
Radish roses
Carrot curls

Soften gelatin in cold water and dissolve over hot water. Cool, add to mayonnaise and mix well. Dice hard cooked eggs reserving a few slices for garnish. Add chopped eggs with cheese, celery, salt, green pepper, pimiento and lemon juice to mayonnaise mixture; mix well. Pack firmly in loaf pan which has been rinsed in cold water. Chill until firm or overnight. Unmold on serving plate and garnish with radish roses and carrot curls. Decorate the top with a green pepper ring and egg slices.

MACARONI WITH EGGS

6 eggs
1 cup milk
2 tablespoon flour
1 cup grated cheese
2 tablespoon lard
4 cups macaroni (1 inch length cooked in salted chicken stock)

Make a smooth, white sauce of the lard, flour and milk over low heat. Stir in grated cheese.

Place macaroni in a baking dish lined with lard. Cover with cheese-cream sauce. Then make 4 or more depressions on top of macaroni mixture and break an egg into each hallow. Bake in a moderate over about 15 minutes or until eggs are set and cream crust in golden brown. Serve while hot. Yields 6 servings.

POTATO SCALLOP—IRISH STYLE

6 potatoes
4 tablespoons Mayonnaise
3 tablespoons flour
1½ cups rich milk
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon nutmeg
3/4 cup grated sharp cheese
1 medium onion
2 cups cooked peas
1/4 cup dry bread crumbs

Peel potatoes and slice thin, cover with boiling salted water. Cook until just tender. Drain. Blend Mayonnaise with flour in saucepan. Add milk gradually and heat, stirring constantly, until thickened. Add seasonings and cheese. Arrange in greased baking dish in layers of potatoes, peas and thin onion slices. Repeat layers, sprinkling each with 2 or 3 tablespoons bread crumbs and par of the sauce. Finish casserole with sliced potatoes and arrange remaining green peas around edge. Bake in moderately hot oven (370° F.) for 20 minutes or until bubbling Yield: 6 servings.

CURRIED EGGS WITH PEAS

4 tablespoon butter or margarine
4 tablespoons flour
1/4 teaspoon dry mustard
1/4 teaspoon Worcestershire sauce
1 teaspoon curry powder
2 cups milk
1/2 teaspoon lemon juice
4 hard-cooked eggs
Toast

1 No. 2 Libby's can peas, heated and seasoned.

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Melt butter or margarine; blend in flour and seasonings. Add milk slowly and cook, stirring constantly, until smooth and thickened. Stir in lemon juice. Cut eggs in eighths and add; heat.

Arrange half slices of toast in center of serving platter. Top with curried eggs and surround with hot drained peas. 4 to 5 servings.

TOASTED CHEESE ROLLS WITH ASPARAGUS

12 slices enriched bread
1/2 pound processed cheese
2½ pounds asparagus, cooked
1 can condensed cream of chicken soup
1/2 cup milk

Cut crust from the bread, stack bread, wrap in a damp towel and let stand for an hour or longer to moisten. Trim and wash asparagus, cook for 15 minutes, or until just tender, in boiling, salted water. Cut sticks of cheese one half inch wide and as long as the slice of bread. Roll each stick of cheese in a slice of bread, fasten with toothpicks, spread with softened butter and bake in moderate oven until the bread is browned and the cheese melted. For the Sauce: Mix the chicken with milk, heat slowly to boiling point.

Heap the cooked asparagus on a hot platter, surround with the browned cheese rolls. Pour the hot sauce over the asparagus and sprinkle with remaining cheese which has been grated or shredded. Serve very hot.

HOUSEHOLD HINTS

Use an ordinary strawberry huller or a small pair of tweezers to pick pin feathers out of a fowl.

TIPS TO THE HOUSEWIFE

In buying unbranded hams, it is usually wise to soak such a ham or a home-cured ham overnight or for several hours in cold water to cover. Drain; cook (covered) in simmering water until tender allowing about half an hour per lb. Then remove skin and glaze.

Well-known brands of tendered smoked hams are so smoked and cured that it is no longer necessary to soak them before cooking. But, be sure your ham is the tendered kind. If the label of the ham has no baking directions or the manufacturer's cooking directions, here is one method:

Wrap the ham loosely in clan wrapping paper and place at side up, on a rack in an uncovered roasting pan. Add no water. Bake in moderate oven of 325°F as follows:

16—18 lbs. heavy ..... 4—4-1/2 hrs.
12—15 lbs. heavy ..... 3-1/2—4 hrs.
10— lbs. heavy ..... 3-3/4 hrs.
5— lbs. heavy ..... 2—3 hrs.

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